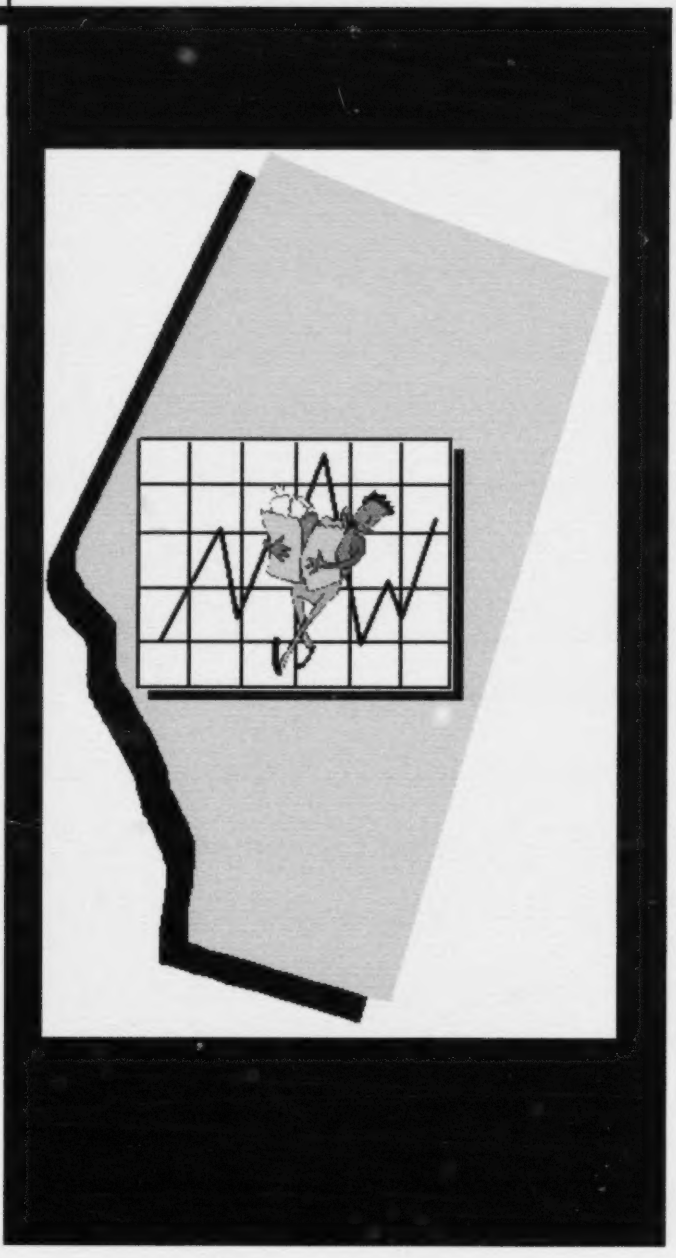
Alberta Retail Food Prices

Selected Communities
November 2014



Alberta Government

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Introduction and Methodology

Alberta Retail Food Prices – November 2014

Objective of the Survey

The purpose of the survey is to continue to build upon the historical series of benchmark retail food prices, which have been collected in Edmonton since the early 1970's and in several communities across Alberta since 1996. The data series provide accurate, timely and reliable information on retail food prices for a specific basket of items, for use in business analysis and planning. The information is also used by clients in health promotion programs, and nutrition education and counseling services, etc.

Choosing the Basket of Food Items

To obtain a benchmark pricing standard, specific national brands and sizes were chosen for the list of items priced. This is essential to ensure that differences in food costs are real, and not due to inconsistencies in quality found between different brands. The data collection form is very detailed with respect to the specifications for each item in the basket, in order to avoid inconsistencies due to brand and size selection and substitution rules.

In 2004, a review of the survey was undertaken to ensure that the latest information available from Health Canada's *Food Guide to Healthy Eating* and Statistics Canada's *Family Food Expenditure Survey* was reflected in the basket of items priced. The updated basket was more realistic in terms of balance between variety and nutritional value.

Following in 2008, Health Canada developed a revised National Nutritious Food Basket (NNFB) to replace the 1998 basket. The revised 2008 NNFB is based on the latest dietary guidance (Dietary Reference Intakes and Eating Well with Canada's Food Guide), as well as food consumption data (Canadian Community Health Survey, Cycle 2.2, Nutrition).

As a result, in January 2009, the Alberta Retail Food Prices survey methodology was updated based, in part, on the 2008 National Nutritious Food Basket, with a few modifications necessary to adapt the basket for differences in availability and product sizes in Alberta. As well, the prices of some additional items were retained to maintain our historical price series, and are included in the Alberta Retail Food Prices report.

Data Collection

Since the survey began in early 1996, Alberta Agriculture and Rural Development has been able to collect data in more than 95 communities across Alberta, by partnering with Alberta Health Services, Alberta Employment and Immigration and the Department of Agriculture, Food and Nutritional Sciences, University of Alberta. The number of participating communities changes in each survey, as do the participating partners.

For the November 2014 survey, representatives of Alberta Health Services, all of whom are either registered dieticians or nutritionists, were responsible for collecting the prices at the retail grocery outlets in their pre-determined communities. The exception to this is Edmonton and St. Albert, which were collected by Alberta Agriculture and Rural Development, Statistics and Data Development Branch. Those who were unable to collect the data themselves utilized the services of trained volunteers and student interns to do the data collection.

Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Accordingly, the prices shown in this report represent weighted averages of several retail stores, gathered in the same week. Information from communities with less than three retail grocery stores are combined with other communities within the same health area or geographic location or suppressed completely. It is assumed that the number of retail grocery outlets in a community is a reliable

indicator of consumer demand and, therefore, an adequate proxy for human population. The retail food prices shown are averages for each of the participating Alberta communities for a specific week, and cannot be directly compared to individual store prices in any community.

For the November 2014 survey, data for the following communities were combined by health area or geographic location, pre-determined through consultation with Alberta Health Services:

-Barhead-Westlock
-Brooks-Bassano
-Canmore-Banff
-Carstairs-Crossfield-Didsbury
-Fairview-Spirit River-Grimshaw
-Fort McLeod-Pincher Creek
-Hanna-Stettler
-High Prairie-McLennan
-Jasper-Hinton
-Lac La Biche-Boyle
-Morniville-Onoway
-Valleyview-Beaverlodge
-Vermilion-Manville

Comparisons
Survey results from the previous survey (June 2014) and the survey conducted a year prior (November 2013) have been included where available, for use in comparing retail food prices within the same community over time.

Caution should be exercised when comparing retail food prices between different communities. Several different factors may affect the competitiveness of food prices between different communities. Grocery stores are often competitive with their "in-house" and generic brands and not necessarily with nationally available brands. Since it is necessary to have standardized pricing to achieve the benchmarks, national brands were chosen, where possible, in order to ensure uniformity in quality and availability.

Acknowledgments
Assistance from Alberta Health Services is gratefully acknowledged.

For More Information
For further information on retail food prices in Alberta, please contact:

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Average Retail Food Prices for Airdrie, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.56	3.72	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.46	2.83	2.60
Cheddar Cheese, medium, 100 g	1.35	1.15	1.18
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.44	1.31	1.41
Processed Cheese, slices, 500 g	4.90	4.82	5.40
Ice Cream, 4 litre	6.11	6.26	6.23
Eggs			
Eggs, grade A large, dozen	2.82	2.97	2.63
Beef			
Inside Round Steak, boneless, kg	13.63	16.70	15.88
Inside Round Roast, boneless, kg	13.27	16.10	15.12
Ground Beef, lean, kg	8.91	10.82	11.13
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.02	12.82	13.63
Ham, sliced, regular, 175 g	4.07	5.00	5.29
Poultry			
Chicken, grade A, whole fryer, kg	6.27	6.79	7.45
Chicken Thighs, kg	8.23	7.52	7.01
Chicken Drumsticks, kg	7.03	8.25	6.89
Chicken Breasts, boneless & skinless, kg	16.20	17.85	18.26
Fish			
Fish, sole, frozen, 400 g	5.01	6.28	6.23
Salmon, sockeye, canned, 213 g	4.42	4.15	4.36
Tuna, flaked or chunk, in water, canned, 170 g	1.67	1.48	1.54
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.25	6.10	5.68
Peanuts, dry roasted, 700 g	5.91	5.41	5.70
Baked Beans, canned, 398 ml	1.30	1.39	1.49
Lentils, dry, 400 g	2.85	2.06	2.20
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.47	4.98	4.70
Cereal, oats, quick cooking, 1 kg	3.41	3.39	3.02
Cereal, toasted oats O's, 525 g	5.43	6.40	5.16
Pita, whole-wheat, 324 g, 6's	3.01	2.81	3.21
Bread, whole-wheat, private label, 680 g	3.63	3.76	3.60
Flour, whole-wheat, 5 kg	8.93	8.91	9.45
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.92	3.92	3.93
Buns, hamburger, white, 540 g, 12's	3.26	2.70	2.90
Soda Crackers, unsalted tops, 450 g	2.97	3.24	2.98
Bread, white, private label, 570 g	3.32	3.15	3.15
Pasta, macaroni or spaghetti, enriched, 900 g	2.82	3.43	3.20
Flour, white, enriched, all purpose, 5 kg	9.06	8.91	9.36
Rice, converted, natural long grain, 900 g	5.15	5.07	4.83

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Airdrie, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.49	2.64	2.47
Melon, cantaloupe, kg	2.44	1.99	2.62
Sweet Potato or Yam, kg	2.35	3.16	3.26
Carrots, kg	1.45	1.63	1.55
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.30	3.25	3.55
Vegetables, mixed, frozen, 750 g	3.36	3.25	3.55
Peas, green, frozen, 750 g	3.30	3.25	3.55
Broccoli, bunches, kg	4.09	4.16	3.98
Lettuce, romaine, kg	3.46	2.88	4.89
Peppers, sweet green bell, kg	4.19	5.51	5.18
Other Fresh Vegetables & Fruits			
Apples, kg	3.28	3.67	3.07
Bananas, kg	1.64	2.07	1.79
Grapes, red or green, seedless, kg	6.41	4.05	6.21
Oranges, kg	3.12	3.44	3.45
Pears, kg	3.19	3.97	3.37
Cabbage, green, kg	1.46	1.94	1.50
Celery, stalks, kg	1.90	1.86	2.10
Cucumber, long english, kg	5.28	3.37	5.94
Lettuce, iceberg, kg	2.88	2.81	3.62
Mushrooms, white, bulk, kg	6.57	6.57	6.93
Onions, yellow, cooking, kg	1.38	1.87	1.25
Potatoes, white or red, 4.54 kg	4.49	4.80	4.98
Rutabaga, kg	1.58	1.68	1.27
Tomatoes, red, kg	3.67	3.08	4.22
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.76	3.03	3.15
Orange Juice, frozen concentrate, 355 ml	1.92	1.77	1.87
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.80	4.15	3.98
Raisins, seedless, Sultana or Thompson, 750 g	5.78	5.78	5.98
Strawberries, frozen, unsweetened, 600 g	5.28	6.48	6.18
Corn, canned vacuum packed, 341 ml	1.50	1.45	1.30
Tomatoes, canned, whole, 796 ml	1.93	1.94	2.09
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.40	5.53	5.48
Oil, canola, 946 ml	4.66	4.59	4.74
Salad Dressing, Italian, 475 ml	3.13	2.81	3.03
Mayonnaise, 475 ml	4.13	3.62	4.07
Butter, 454 g	3.31	3.87	3.75
Sweeteners			
Sugar, white granulated, 4 kg	5.83	5.30	5.01
Honey, creamed, pasteurized, 500 g	5.73	5.47	5.56

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Prepared by Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch with assistance from participating regional health representatives of Alberta Health Services. For additional information please phone: 780-427-4011.

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Average Retail Food Prices for Barrhead-Westlock, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.83	3.84
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.04	3.44
Cheddar Cheese, medium, 100 g	-	1.39	1.31
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.39	1.64
Processed Cheese, slices, 500 g	-	5.74	5.94
Ice Cream, 4 litre	-	6.49	6.24
Eggs			
Eggs, grade A large, dozen	-	2.74	2.97
Beef			
Inside Round Steak, boneless, kg	-	15.58	17.44
Inside Round Roast, boneless, kg	-	16.00	12.04
Ground Beef, lean, kg	-	11.11	10.68
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	10.53	14.08
Ham, sliced, regular, 175 g	-	5.34	5.72
Poultry			
Chicken, grade A, whole fryer, kg	-	6.32	7.52
Chicken Thighs, kg	-	8.94	10.17
Chicken Drumsticks, kg	-	8.35	8.35
Chicken Breasts, boneless & skinless, kg	-	18.25	18.35
Fish			
Fish, sole, frozen, 400 g	-	8.22	6.10
Salmon, sockeye, canned, 213 g	-	4.95	6.45
Tuna, flaked or chunk, in water, canned, 170 g	-	2.04	2.06
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	6.99	6.19
Peanuts, dry roasted, 700 g	-	7.39	6.66
Baked Beans, canned, 398 ml	-	1.61	1.81
Lentils, dry, 400 g	-	2.72	2.39
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.25	4.37
Cereal, oats, quick cooking, 1 kg	-	3.82	4.11
Cereal, toasted oats O's, 525 g	-	6.69	5.12
Pita, whole-wheat, 324 g, 6's	-	3.61	3.41
Bread, whole-wheat, private label, 680 g	-	4.04	4.56
Flour, whole-wheat, 5 kg	-	10.99	10.17
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.67	4.44
Buns, hamburger, white, 540 g, 12's	-	3.99	3.67
Soda Crackers, unsalted tops, 450 g	-	3.54	3.47
Bread, white, private label, 570 g	-	3.87	3.91
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.64	3.46
Flour, white, enriched, all purpose, 5 kg	-	10.99	10.17
Rice, converted, natural long grain, 900 g	-	5.82	5.94

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Barrhead-Westlock, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	3.11	2.74
Melon, cantaloupe, kg	-	2.87	3.64
Sweet Potato or Yam, kg	-	3.06	3.40
Carrots, kg	-	2.04	1.99
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.46	4.06
Vegetables, mixed, frozen, 750 g	-	3.46	4.06
Peas, green, frozen, 750 g	-	3.46	4.06
Broccoli, bunches, kg	-	4.58	4.13
Lettuce, romaine, kg	-	2.86	4.51
Peppers, sweet green bell, kg	-	7.31	6.26
Other Fresh Vegetables & Fruits			
Apples, kg	-	4.01	3.74
Bananas, kg	-	1.90	1.90
Grapes, red or green, seedless, kg	-	6.04	5.70
Oranges, kg	-	3.62	3.41
Pears, kg	-	4.28	3.68
Cabbage, green, kg	-	2.35	2.02
Celery, stalks, kg	-	3.76	3.48
Cucumber, long english, kg	-	2.64	5.78
Lettuce, iceberg, kg	-	2.51	4.34
Mushrooms, white, bulk, kg	-	7.12	7.25
Onions, yellow, cooking, kg	-	2.73	1.83
Potatoes, white or red, 4.54 kg	-	7.73	6.12
Rutabaga, kg	-	2.40	2.02
Tomatoes, red, kg	-	4.28	5.16
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	3.34	3.52
Orange Juice, frozen concentrate, 355 ml	-	2.41	2.34
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.32	4.90
Raisins, seedless, Sultana or Thompson, 750 g	-	6.33	6.64
Strawberries, frozen, unsweetened, 600 g	-	7.14	6.32
Corn, canned vacuum packed, 341 ml	-	1.87	1.69
Tomatoes, canned, whole, 796 ml	-	2.01	2.94
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	6.04	5.59
Oil, canola, 946 ml	-	5.69	5.59
Salad Dressing, Italian, 475 ml	-	3.30	3.66
Mayonnaise, 475 ml	-	4.24	4.12
Butter, 454 g	-	4.89	3.57
Sweeteners			
Sugar, white granulated, 4 kg	-	6.32	6.34
Honey, creamed, pasteurized, 500 g	-	7.34	6.54

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Bonnyville, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.72	3.72
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.62	3.49
Cheddar Cheese, medium, 100 g	-	1.54	1.64
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.54	1.76
Processed Cheese, slices, 500 g	-	6.12	6.12
Ice Cream, 4 litre	-	6.82	6.69
Eggs			
Eggs, grade A large, dozen	-	3.65	3.01
Beef			
Inside Round Steak, boneless, kg	-	11.89	14.54
Inside Round Roast, boneless, kg	-	13.02	15.28
Ground Beef, lean, kg	-	9.72	11.27
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	11.37	11.87
Ham, sliced, regular, 175 g	-	5.49	4.46
Poultry			
Chicken, grade A, whole fryer, kg	-	6.95	6.44
Chicken Thighs, kg	-	6.89	6.47
Chicken Drumsticks, kg	-	6.21	6.08
Chicken Breasts, boneless & skinless, kg	-	18.32	16.54
Fish			
Fish, sole, frozen, 400 g	-	6.32	6.32
Salmon, sockeye, canned, 213 g	-	4.94	4.42
Tuna, flaked or chunk, in water, canned, 170 g	-	1.76	2.22
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	6.88	7.55
Peanuts, dry roasted, 700 g	-	6.18	5.98
Baked Beans, canned, 398 ml	-	1.71	1.71
Lentils, dry, 400 g	-	2.54	1.86
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	5.16	6.99
Cereal, oats, quick cooking, 1 kg	-	3.55	3.55
Cereal, toasted oats O's, 525 g	-	5.05	6.75
Pita, whole-wheat, 324 g, 6's	-	2.89	3.02
Bread, whole-wheat, private label, 680 g	-	3.72	3.72
Flour, whole-wheat, 5 kg	-	8.75	10.52
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	8.33	3.99
Buns, hamburger, white, 540 g, 12's	-	3.28	2.85
Soda Crackers, unsalted tops, 450 g	-	3.55	3.55
Bread, white, private label, 570 g	-	3.52	3.52
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.98	4.08
Flour, white, enriched, all purpose, 5 kg	-	8.75	10.52
Rice, converted, natural long grain, 900 g	-	8.22	3.75

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Bonnyville, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.92	2.86
Melon, cantaloupe, kg	-	2.25	2.36
Sweet Potato or Yam, kg	-	2.83	2.61
Carrots, kg	-	2.08	3.61
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.95	3.98
Vegetables, mixed, frozen, 750 g	-	3.95	3.95
Peas, green, frozen, 750 g	-	3.95	3.95
Broccoli, bunches, kg	-	3.70	3.79
Lettuce, romaine, kg	-	2.18	4.69
Peppers, sweet green bell, kg	-	6.94	4.90
Other Fresh Vegetables & Fruits			
Apples, kg	-	3.23	2.95
Bananas, kg	-	2.05	1.57
Grapes, red or green, seedless, kg	-	4.76	6.57
Oranges, kg	-	3.19	3.27
Pears, kg	-	3.42	3.20
Cabbage, green, kg	-	2.32	1.66
Celery, stalks, kg	-	1.36	2.31
Cucumber, long english, kg	-	4.15	4.11
Lettuce, iceberg, kg	-	2.81	5.52
Mushrooms, white, bulk, kg	-	3.85	6.03
Onions, yellow, cooking, kg	-	1.87	2.33
Potatoes, white or red, 4.54 kg	-	5.98	4.48
Rutabaga, kg	-	1.83	1.83
Tomatoes, red, kg	-	2.76	4.81
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	3.08	3.47
Orange Juice, frozen concentrate, 355 ml	-	1.81	1.65
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.35	4.50
Raisins, seedless, Sultana or Thompson, 750 g	-	4.42	6.44
Strawberries, frozen, unsweetened, 600 g	-	6.75	6.08
Corn, canned vacuum packed, 341 ml	-	1.89	1.74
Tomatoes, canned, whole, 796 ml	-	2.18	2.52
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	5.22	6.35
Oil, canola, 946 ml	-	4.94	6.02
Salad Dressing, Italian, 475 ml	-	3.32	3.28
Mayonnaise, 475 ml	-	3.82	3.92
Butter, 454 g	-	4.38	4.76
Sweeteners			
Sugar, white granulated, 4 kg	-	5.35	5.99
Honey, creamed, pasteurized, 500 g	-	6.02	6.35

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Brooks-Bassano, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.71	3.71	3.74
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.61	3.08	3.21
Cheddar Cheese, medium, 100 g	1.66	1.49	1.30
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.69	2.05	1.45
Processed Cheese, slices, 500 g	5.83	5.71	5.39
Ice Cream, 4 litre	6.93	6.28	6.87
Eggs			
Eggs, grade A large, dozen	2.90	3.04	2.98
Beef			
Inside Round Steak, boneless, kg	12.86	14.50	15.51
Inside Round Roast, boneless, kg	10.55	13.14	13.37
Ground Beef, lean, kg	7.88	10.47	11.60
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.45	12.31	11.34
Ham, sliced, regular, 175 g	4.37	4.64	5.49
Poultry			
Chicken, grade A, whole fryer, kg	7.22	7.44	7.69
Chicken Thighs, kg	7.17	8.90	8.19
Chicken Drumsticks, kg	7.62	7.23	7.88
Chicken Breasts, boneless & skinless, kg	16.07	15.65	17.05
Fish			
Fish, sole, frozen, 400 g	6.86	7.23	6.32
Salmon, sockeye, canned, 213 g	4.68	4.89	5.46
Tuna, flaked or chunk, in water, canned, 170 g	1.68	1.88	2.17
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	7.11	6.15	7.54
Peanuts, dry roasted, 700 g	5.98	6.22	4.21
Baked Beans, canned, 398 ml	1.48	1.47	1.91
Lentils, dry, 400 g	2.52	2.50	2.38
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.17	5.67	5.69
Cereal, oats, quick cooking, 1 kg	3.63	3.63	3.39
Cereal, toasted oats O's, 525 g	5.64	6.58	6.16
Pita, whole-wheat, 324 g, 6's	2.96	3.03	2.74
Bread, whole-wheat, private label, 680 g	2.98	3.80	3.85
Flour, whole-wheat, 5 kg	9.89	9.27	10.98
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.36	4.24	4.61
Buns, hamburger, white, 540 g, 12's	3.29	3.20	3.39
Soda Crackers, unsalted tops, 450 g	3.39	3.48	3.51
Bread, white, private label, 570 g	3.16	2.94	3.40
Pasta, macaroni or spaghetti, enriched, 900 g	2.87	3.35	3.98
Flour, white, enriched, all purpose, 5 kg	9.67	10.04	11.36
Rice, converted, natural long grain, 900 g	5.81	5.86	5.46

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Brooks-Bassano, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.13	2.95	2.95
Melon, cantaloupe, kg	3.28	2.51	3.09
Sweet Potato or Yam, kg	2.67	3.33	3.45
Carrots, kg	1.85	1.69	1.52
Dark Green Vegetables			
Beans, green, frozen, 750 g	4.05	3.85	4.02
Vegetables, mixed, frozen, 750 g	4.05	3.85	4.02
Peas, green, frozen, 750 g	4.05	3.85	4.02
Broccoli, bunches, kg	3.74	4.77	3.96
Lettuce, romaine, kg	3.06	3.69	3.59
Peppers, sweet green bell, kg	4.28	6.84	6.18
Other Fresh Vegetables & Fruits			
Apples, kg	3.09	3.61	3.00
Bananas, kg	1.72	1.83	1.88
Grapes, red or green, seedless, kg	5.41	5.80	5.76
Oranges, kg	3.17	3.45	3.18
Pears, kg	3.73	4.16	3.30
Cabbage, green, kg	1.46	1.79	1.72
Celery, stalks, kg	1.94	1.94	2.05
Cucumber, long english, kg	5.35	4.79	5.06
Lettuce, iceberg, kg	3.03	3.19	3.87
Mushrooms, white, bulk, kg	7.46	7.25	8.57
Onions, yellow, cooking, kg	1.49	2.35	1.89
Potatoes, white or red, 4.54 kg	6.24	6.24	6.61
Rutabaga, kg	1.98	1.96	1.85
Tomatoes, red, kg	4.24	3.35	3.69
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.38	3.50	3.77
Orange Juice, frozen concentrate, 355 ml	2.01	2.42	2.51
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.16	4.33	4.79
Raisins, seedless, Sultana or Thompson, 750 g	6.39	6.43	6.18
Strawberries, frozen, unsweetened, 600 g	5.99	6.44	6.90
Corn, canned vacuum packed, 341 ml	1.79	1.47	1.60
Tomatoes, canned, whole, 796 ml	2.44	2.47	2.40
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.36	6.36	5.96
Oil, canola, 946 ml	5.11	5.12	4.91
Salad Dressing, Italian, 475 ml	3.06	3.51	3.63
Mayonnaise, 475 ml	4.29	3.72	4.24
Butter, 454 g	3.89	4.26	4.17
Sweeteners			
Sugar, white granulated, 4 kg	6.72	5.58	6.19
Honey, creamed, pasteurized, 500 g	7.40	7.43	7.04

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Calgary, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.55	3.61	3.90
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.49	2.55	3.10
Cheddar Cheese, medium, 100 g	1.17	1.24	1.75
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.32	1.35	1.77
Processed Cheese, slices, 500 g	5.23	4.82	5.23
Ice Cream, 4 litre	6.22	6.40	6.47
Eggs			
Eggs, grade A large, dozen	2.89	2.69	2.67
Beef			
Inside Round Steak, boneless, kg	14.34	15.67	17.75
Inside Round Roast, boneless, kg	12.25	14.88	14.81
Ground Beef, lean, kg	8.80	10.04	11.69
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.09	13.75	12.68
Ham, sliced, regular, 175 g	4.11	4.75	5.07
Poultry			
Chicken, grade A, whole fryer, kg	6.57	6.82	8.16
Chicken Thighs, kg	8.42	8.35	7.90
Chicken Drumsticks, kg	7.67	8.06	7.37
Chicken Breasts, boneless & skinless, kg	14.63	16.91	17.00
Fish			
Fish, sole, frozen, 400 g	5.84	6.88	7.50
Salmon, sockeye, canned, 213 g	2.90	4.22	4.61
Tuna, flaked or chunk, in water, canned, 170 g	1.54	1.48	1.96
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	4.75	5.60	5.68
Peanuts, dry roasted, 700 g	6.03	6.08	5.71
Baked Beans, canned, 398 ml	1.39	1.36	1.54
Lentils, dry, 400 g	1.90	2.17	1.94
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.43	5.10	5.16
Cereal, oats, quick cooking, 1 kg	3.75	4.07	3.50
Cereal, toasted oats O's, 525 g	5.93	6.48	5.41
Pita, whole-wheat, 324 g, 6's	3.16	3.01	3.66
Bread, whole-wheat, private label, 680 g	3.30	3.28	3.64
Flour, whole-wheat, 5 kg	8.27	8.73	9.07
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.97	4.03	3.95
Buns, hamburger, white, 540 g, 12's	3.53	2.87	3.42
Soda Crackers, unsalted tops, 450 g	2.81	3.26	2.98
Bread, white, private label, 570 g	3.12	2.99	3.42
Pasta, macaroni or spaghetti, enriched, 900 g	2.74	3.14	3.38
Flour, white, enriched, all purpose, 5 kg	8.27	8.78	9.07
Rice, converted, natural long grain, 900 g	5.35	5.32	4.80

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Calgary, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.85	2.79	2.71
Melon, cantaloupe, kg	3.07	2.78	2.82
Sweet Potato or Yam, kg	2.68	3.31	3.49
Carrots, kg	1.53	1.76	1.43
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.46	3.42	3.47
Vegetables, mixed, frozen, 750 g	3.46	3.42	3.46
Peas, green, frozen, 750 g	3.46	3.42	3.18
Broccoli, bunches, kg	5.56	3.77	4.06
Lettuce, romaine, kg	3.94	3.62	4.27
Peppers, sweet green bell, kg	4.56	6.21	5.48
Other Fresh Vegetables & Fruits			
Apples, kg	2.67	3.38	3.38
Bananas, kg	1.82	1.86	1.80
Grapes, red or green, seedless, kg	6.32	4.01	6.39
Oranges, kg	3.12	3.56	3.09
Pears, kg	3.27	3.49	3.73
Cabbage, green, kg	1.65	1.87	1.47
Celery, stalks, kg	2.17	2.08	2.55
Cucumber, long english, kg	5.06	3.48	5.22
Lettuce, iceberg, kg	2.74	2.73	3.46
Mushrooms, white, bulk, kg	6.72	6.57	7.31
Onions, yellow, cooking, kg	1.62	2.06	1.48
Potatoes, white or red, 4.54 kg	5.32	5.07	5.34
Rutabaga, kg	1.55	1.69	1.47
Tomatoes, red, kg	3.38	2.91	4.45
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.35	2.79	3.32
Orange Juice, frozen concentrate, 355 ml	1.75	2.03	2.12
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.15	3.70	4.31
Raisins, seedless, Sultana or Thompson, 750 g	5.73	6.19	6.20
Strawberries, frozen, unsweetened, 600 g	5.95	6.65	6.18
Corn, canned vacuum packed, 341 ml	1.63	1.52	1.52
Tomatoes, canned, whole, 796 ml	1.99	1.97	2.19
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.15	4.85	5.32
Oil, canola, 946 ml	4.52	4.66	4.87
Salad Dressing, Italian, 475 ml	3.05	2.65	2.80
Mayonnaise, 475 ml	3.26	3.58	3.68
Butter, 454 g	3.35	3.63	3.80
Sweeteners			
Sugar, white granulated, 4 kg	4.67	5.39	5.07
Honey, creamed, pasteurized, 500 g	6.26	6.19	6.25

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Camrose, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.60	3.66	3.72
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.88	2.75	2.61
Cheddar Cheese, medium, 100 g	1.14	1.21	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.23	1.21	1.14
Processed Cheese, slices, 500 g	5.18	4.78	5.11
Ice Cream, 4 litre	6.36	6.50	6.41
Eggs			
Eggs, grade A large, dozen	2.95	2.81	2.58
Beef			
Inside Round Steak, boneless, kg	13.18	14.70	16.64
Inside Round Roast, boneless, kg	11.20	14.97	12.36
Ground Beef, lean, kg	9.57	10.46	9.84
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.14	12.65	10.75
Ham, sliced, regular, 175 g	4.47	4.91	5.16
Poultry			
Chicken, grade A, whole fryer, kg	6.45	7.10	7.70
Chicken Thighs, kg	6.92	7.31	6.15
Chicken Drumsticks, kg	6.40	6.79	6.20
Chicken Breasts, boneless & skinless, kg	13.08	14.03	14.28
Fish			
Fish, sole, frozen, 400 g	5.74	6.31	5.98
Salmon, sockeye, canned, 213 g	3.79	3.72	3.38
Tuna, flaked or chunk, in water, canned, 170 g	1.75	1.49	1.40
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.68	6.10	5.98
Peanuts, dry roasted, 700 g	6.19	5.52	5.31
Baked Beans, canned, 398 ml	1.44	1.44	1.54
Lentils, dry, 400 g	2.37	2.28	1.96
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.59	5.38	4.81
Cereal, oats, quick cooking, 1 kg	3.89	3.72	3.39
Cereal, toasted oats O's, 525 g	5.79	6.04	5.70
Pita, whole-wheat, 324 g, 6's	2.89	3.13	3.01
Bread, whole-wheat, private label, 680 g	3.52	4.06	3.46
Flour, whole-wheat, 5 kg	8.88	7.73	9.41
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.07	4.07	4.11
Buns, hamburger, white, 540 g, 12's	2.94	2.84	2.98
Soda Crackers, unsalted tops, 450 g	3.13	3.34	2.93
Bread, white, private label, 570 g	3.19	3.12	3.04
Pasta, macaroni or spaghetti, enriched, 900 g	2.79	3.34	3.36
Flour, white, enriched, all purpose, 5 kg	8.88	7.73	9.41
Rice, converted, natural long grain, 900 g	5.26	5.22	4.75

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Camrose, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.81	2.81	2.51
Melon, cantaloupe, kg	2.36	2.62	2.29
Sweet Potato or Yam, kg	2.56	3.14	3.10
Carrots, kg	1.63	1.76	1.27
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.34	3.56	3.58
Vegetables, mixed, frozen, 750 g	3.44	3.56	3.58
Peas, green, frozen, 750 g	3.68	3.56	3.58
Broccoli, bunches, kg	4.48	3.95	3.94
Lettuce, romaine, kg	3.60	2.85	4.46
Peppers, sweet green bell, kg	5.04	6.58	5.85
Other Fresh Vegetables & Fruits			
Apples, kg	2.83	3.35	3.36
Bananas, kg	1.62	1.62	1.72
Grapes, red or green, seedless, kg	6.87	4.37	5.96
Oranges, kg	3.27	3.49	3.38
Pears, kg	3.31	3.80	3.76
Cabbage, green, kg	1.64	1.88	1.51
Celery, stalks, kg	1.84	1.90	2.09
Cucumber, long english, kg	4.81	2.81	5.92
Lettuce, iceberg, kg	2.53	2.47	3.91
Mushrooms, white, bulk, kg	6.97	6.43	7.63
Onions, yellow, cooking, kg	1.48	2.16	1.71
Potatoes, white or red, 4.54 kg	4.98	5.68	5.61
Rutabaga, kg	1.60	2.39	1.34
Tomatoes, red, kg	3.62	3.05	4.42
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.77	1.89	2.55
Orange Juice, frozen concentrate, 355 ml	1.91	2.02	1.85
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.10	4.09	4.06
Raisins, seedless, Sultana or Thompson, 750 g	6.19	6.22	6.48
Strawberries, frozen, unsweetened, 600 g	6.47	6.99	6.48
Corn, canned vacuum packed, 341 ml	1.51	1.50	1.43
Tomatoes, canned, whole, 796 ml	2.09	2.21	2.26
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.28	4.78	5.48
Oil, canola, 946 ml	4.93	5.29	4.86
Salad Dressing, Italian, 475 ml	3.22	2.86	2.96
Mayonnaise, 475 ml	4.27	3.72	3.61
Butter, 454 g	4.07	3.70	4.06
Sweeteners			
Sugar, white granulated, 4 kg	5.94	5.55	5.17
Honey, creamed, pasteurized, 500 g	5.73	5.62	5.61

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Canmore-Banff, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.88	4.11	3.69
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.57	3.30	3.39
Cheddar Cheese, medium, 100 g	1.40	1.71	1.31
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.63	1.80	1.70
Processed Cheese, slices, 500 g	5.49	5.37	5.74
Ice Cream, 4 litre	7.57	8.09	8.42
Eggs			
Eggs, grade A large, dozen	3.27	2.84	2.94
Beef			
Inside Round Steak, boneless, kg	11.58	15.15	15.96
Inside Round Roast, boneless, kg	10.71	13.76	12.98
Ground Beef, lean, kg	9.95	10.56	10.17
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.62	15.71	12.63
Ham, sliced, regular, 175 g	4.83	5.52	3.99
Poultry			
Chicken, grade A, whole fryer, kg	8.16	8.22	8.99
Chicken Thighs, kg	8.39	8.47	7.84
Chicken Drumsticks, kg	8.18	9.29	7.40
Chicken Breasts, boneless & skinless, kg	17.47	15.39	20.59
Fish			
Fish, sole, frozen, 400 g	7.84	8.34	8.33
Salmon, sockeye, canned, 213 g	4.62	5.17	5.52
Tuna, flaked or chunk, in water, canned, 170 g	2.09	2.26	2.29
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	7.30	6.84	7.29
Peanuts, dry roasted, 700 g	5.23	6.59	6.49
Baked Beans, canned, 398 ml	1.64	1.74	1.82
Lentils, dry, 400 g	1.93	2.26	1.82
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.47	5.33	5.76
Cereal, oats, quick cooking, 1 kg	4.24	4.62	4.35
Cereal, toasted oats O's, 525 g	6.45	7.27	7.13
Pita, whole-wheat, 324 g, 6's	2.97	2.77	2.77
Bread, whole-wheat, private label, 680 g	3.37	3.99	4.19
Flour, whole-wheat, 5 kg	10.12	10.89	9.29
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.59	4.59	4.31
Buns, hamburger, white, 540 g, 12's	3.79	3.24	3.59
Soda Crackers, unsalted tops, 450 g	3.25	3.55	3.14
Bread, white, private label, 570 g	3.57	2.70	2.75
Pasta, macaroni or spaghetti, enriched, 900 g	3.13	3.92	3.87
Flour, white, enriched, all purpose, 5 kg	10.12	8.24	9.17
Rice, converted, natural long grain, 900 g	6.90	4.88	5.25

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Canmore-Banff, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	3.49	3.20	3.14
Melon, cantaloupe, kg	3.28	2.27	2.73
Sweet Potato or Yam, kg	3.34	4.12	4.12
Carrots, kg	1.96	1.84	1.84
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.72	4.16	3.68
Vegetables, mixed, frozen, 750 g	3.72	4.23	4.09
Peas, green, frozen, 750 g	3.72	4.23	4.09
Broccoli, bunches, kg	5.93	5.10	3.42
Lettuce, romaine, kg	3.68	2.92	4.02
Peppers, sweet green bell, kg	5.22	6.59	6.21
Other Fresh Vegetables & Fruits			
Apples, kg	3.13	3.99	3.29
Bananas, kg	1.88	1.89	1.89
Grapes, red or green, seedless, kg	6.87	5.49	6.32
Oranges, kg	3.51	3.84	3.40
Pears, kg	3.68	4.56	3.54
Cabbage, green, kg	1.80	2.07	1.74
Celery, stalks, kg	2.45	2.79	2.51
Cucumber, long english, kg	2.27	2.69	6.36
Lettuce, iceberg, kg	3.23	3.02	4.62
Mushrooms, white, bulk, kg	7.97	8.08	8.63
Onions, yellow, cooking, kg	2.33	1.78	2.12
Potatoes, white or red, 4.54 kg	5.24	5.99	5.82
Rutabaga, kg	1.85	1.91	1.58
Tomatoes, red, kg	4.39	2.90	5.05
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.57	3.57	4.00
Orange Juice, frozen concentrate, 355 ml	2.46	2.21	2.53
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	5.02	5.02	5.12
Raisins, seedless, Sultana or Thompson, 750 g	6.23	6.64	6.64
Strawberries, frozen, unsweetened, 600 g	6.84	6.69	6.36
Corn, canned vacuum packed, 341 ml	1.63	1.88	1.68
Tomatoes, canned, whole, 796 ml	2.67	2.84	2.49
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.84	5.21	6.32
Oil, canola, 946 ml	5.37	4.99	4.97
Salad Dressing, Italian, 475 ml	3.45	3.45	3.39
Mayonnaise, 475 ml	4.32	4.47	4.34
Butter, 454 g	4.41	4.90	5.59
Sweeteners			
Sugar, white granulated, 4 kg	6.74	6.62	5.37
Honey, creamed, pasteurized, 500 g	7.54	7.27	10.04

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Carstairs-Crossfield-Didsbury, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.83	3.89	3.89
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.13	2.83	2.67
Cheddar Cheese, medium, 100 g	1.37	1.40	1.23
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.48	1.59	1.77
Processed Cheese, slices, 500 g	5.92	5.32	5.92
Ice Cream, 4 litre	7.19	6.35	7.42
Eggs			
Eggs, grade A large, dozen	2.96	2.96	3.09
Beef			
Inside Round Steak, boneless, kg	13.11	15.62	17.69
Inside Round Roast, boneless, kg	10.27	12.71	11.72
Ground Beef, lean, kg	8.72	10.52	12.33
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	12.31	13.26	13.99
Ham, sliced, regular, 175 g	3.92	4.89	3.73
Poultry			
Chicken, grade A, whole fryer, kg	5.93	6.22	6.95
Chicken Thighs, kg	7.89	7.69	8.04
Chicken Drumsticks, kg	7.25	6.66	7.71
Chicken Breasts, boneless & skinless, kg	18.79	17.68	18.31
Fish			
Fish, sole, frozen, 400 g	8.20	6.39	9.57
Salmon, sockeye, canned, 213 g	5.52	5.26	5.09
Tuna, flaked or chunk, in water, canned, 170 g	2.19	1.66	1.57
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.85	6.82	6.76
Peanuts, dry roasted, 700 g	5.64	5.99	5.97
Baked Beans, canned, 398 ml	1.54	1.76	1.73
Lentils, dry, 400 g	2.79	2.79	2.82
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.59	6.09	5.70
Cereal, oats, quick cooking, 1 kg	3.89	3.86	3.49
Cereal, toasted oats O's, 525 g	6.96	6.22	7.04
Pita, whole-wheat, 324 g, 6's	3.32	3.22	3.49
Bread, whole-wheat, private label, 680 g	3.26	3.76	3.13
Flour, whole-wheat, 5 kg	9.15	9.15	8.32
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.72	4.86	4.72
Buns, hamburger, white, 540 g, 12's	3.49	2.82	3.49
Soda Crackers, unsalted tops, 450 g	3.82	3.62	3.79
Bread, white, private label, 570 g	3.29	3.62	2.67
Pasta, macaroni or spaghetti, enriched, 900 g	3.86	3.73	3.33
Flour, white, enriched, all purpose, 5 kg	9.15	9.15	8.32
Rice, converted, natural long grain, 900 g	5.76	5.76	5.69

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Carstairs-Crossfield-Didsbury, Alberta ($) -November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.79	2.62	2.62
Melon, cantaloupe, kg	3.19	3.01	3.44
Sweet Potato or Yam, kg	2.33	2.55	2.77
Carrots, kg	1.76	2.20	2.49
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.73	3.73	4.06
Vegetables, mixed, frozen, 750 g	3.73	3.73	4.06
Peas, green, frozen, 750 g	3.73	3.73	4.06
Broccoli, bunches, kg	6.37	5.85	4.97
Lettuce, romaine, kg	4.55	3.81	5.26
Peppers, sweet green bell, kg	6.15	7.62	6.00
Other Fresh Vegetables & Fruits			
Apples, kg	3.06	3.72	2.91
Bananas, kg	2.59	1.89	1.73
Grapes, red or green, seedless, kg	7.25	5.86	7.69
Oranges, kg	3.06	3.94	3.66
Pears, kg	3.28	4.67	3.73
Cabbage, green, kg	1.73	2.40	1.81
Celery, stalks, kg	2.25	1.95	2.71
Cucumber, long english, kg	5.72	4.98	5.35
Lettuce, iceberg, kg	3.80	3.84	5.54
Mushrooms, white, bulk, kg	7.16	7.55	8.91
Onions, yellow, cooking, kg	1.78	2.27	1.27
Potatoes, white or red, 4.54 kg	6.32	6.09	5.82
Rutabaga, kg	1.96	2.62	2.04
Tomatoes, red, kg	4.53	4.08	4.90
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.52	3.14	5.47
Orange Juice, frozen concentrate, 355 ml	2.11	2.21	1.70
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.36	4.56	4.94
Raisins, seedless, Sultana or Thompson, 750 g	6.42	6.42	6.49
Strawberries, frozen, unsweetened, 600 g	6.42	6.82	6.82
Corn, canned vacuum packed, 341 ml	1.72	1.68	1.46
Tomatoes, canned, whole, 796 ml	2.59	2.08	2.11
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.92	6.59	6.02
Oil, canola, 946 ml	5.12	5.02	5.26
Salad Dressing, Italian, 475 ml	3.69	2.82	3.49
Mayonnaise, 475 ml	4.16	3.82	3.99
Butter, 454 g	4.09	4.06	4.16
Sweeteners			
Sugar, white granulated, 4 kg	6.42	6.42	5.59
Honey, creamed, pasteurized, 500 g	5.92	6.26	6.09

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Cochrane, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.59	3.59	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.59	2.88	2.61
Cheddar Cheese, medium, 100 g	0.87	1.31	1.64
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.55	1.46	1.75
Processed Cheese, slices, 500 g	5.32	4.43	5.61
Ice Cream, 4 litre	7.74	7.26	8.14
Eggs			
Eggs, grade A large, dozen	2.87	2.84	3.03
Beef			
Inside Round Steak, boneless, kg	12.37	17.18	23.86
Inside Round Roast, boneless, kg	11.25	13.94	14.42
Ground Beef, lean, kg	9.11	10.99	9.02
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.26	14.29	12.60
Ham, sliced, regular, 175 g	3.72	5.66	5.66
Poultry			
Chicken, grade A, whole fryer, kg	6.56	6.83	7.53
Chicken Thighs, kg	8.84	8.34	6.81
Chicken Drumsticks, kg	8.02	8.21	6.62
Chicken Breasts, boneless & skinless, kg	14.70	16.61	14.07
Fish			
Fish, sole, frozen, 400 g	7.95	6.26	5.81
Salmon, sockeye, canned, 213 g	4.73	4.26	4.30
Tuna, flaked or chunk, in water, canned, 170 g	1.67	1.56	1.69
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.68	4.78	5.51
Peanuts, dry roasted, 700 g	5.50	6.57	6.22
Baked Beans, canned, 398 ml	1.43	1.23	1.52
Lentils, dry, 400 g	1.88	1.88	2.16
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.69	4.98	4.73
Cereal, oats, quick cooking, 1 kg	4.05	3.98	3.36
Cereal, toasted oats O's, 525 g	5.36	5.90	5.45
Pita, whole-wheat, 324 g, 6's	2.68	2.84	2.98
Bread, whole-wheat, private label, 680 g	3.22	3.92	3.51
Flour, whole-wheat, 5 kg	8.38	8.76	9.57
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.81	3.81	3.85
Buns, hamburger, white, 540 g, 12's	3.25	3.23	3.24
Soda Crackers, unsalted tops, 450 g	3.12	3.27	3.05
Bread, white, private label, 570 g	2.85	2.93	2.96
Pasta, macaroni or spaghetti, enriched, 900 g	2.65	3.01	3.69
Flour, white, enriched, all purpose, 5 kg	9.38	8.76	9.57
Rice, converted, natural long grain, 900 g	5.26	5.01	4.86

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Cochrane, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.22	2.39	2.29
Melon, cantaloupe, kg	2.15	1.80	2.34
Sweet Potato or Yam, kg	2.61	3.43	3.30
Carrots, kg	1.64	1.70	2.34
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.68	3.48	3.48
Vegetables, mixed, frozen, 750 g	3.68	3.48	3.48
Peas, green, frozen, 750 g	3.68	3.48	3.36
Broccoli, bunches, kg	6.32	3.41	3.67
Lettuce, romaine, kg	3.26	1.93	2.62
Peppers, sweet green bell, kg	4.74	5.74	4.81
Other Fresh Vegetables & Fruits			
Apples, kg	2.72	3.82	3.37
Bananas, kg	1.78	1.65	1.75
Grapes, red or green, seedless, kg	6.21	3.97	6.57
Oranges, kg	3.27	3.43	3.04
Pears, kg	2.90	4.25	3.02
Cabbage, green, kg	1.58	1.67	1.50
Celery, stalks, kg	1.97	1.86	2.26
Cucumber, long english, kg	2.22	1.99	4.90
Lettuce, iceberg, kg	2.95	1.94	3.32
Mushrooms, white, bulk, kg	7.32	6.94	7.45
Onions, yellow, cooking, kg	1.47	2.03	1.57
Potatoes, white or red, 4.54 kg	5.32	5.86	5.23
Rutabaga, kg	1.50	1.61	1.45
Tomatoes, red, kg	4.01	2.50	3.98
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.99	2.65	2.85
Orange Juice, frozen concentrate, 355 ml	2.10	1.85	1.64
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.95	3.95	3.86
Raisins, seedless, Sultana or Thompson, 750 g	5.14	5.77	6.24
Strawberries, frozen, unsweetened, 600 g	6.15	6.08	6.35
Corn, canned vacuum packed, 341 ml	1.48	1.41	1.38
Tomatoes, canned, whole, 796 ml	2.20	1.82	1.93
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.32	5.36	5.98
Oil, canola, 946 ml	4.80	4.69	4.78
Salad Dressing, Italian, 475 ml	3.12	2.81	3.00
Mayonnaise, 475 ml	4.05	4.05	3.86
Butter, 454 g	4.54	4.98	6.56
Sweeteners			
Sugar, white granulated, 4 kg	5.99	5.55	5.20
Honey, creamed, pasteurized, 500 g	7.63	6.96	7.54

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Drumheller, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.75	5.65	3.85
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.09	3.32	3.16
Cheddar Cheese, medium, 100 g	1.11	1.34	1.33
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.11	1.47	1.48
Processed Cheese, slices, 500 g	5.42	4.98	5.82
Ice Cream, 4 litre	6.18	6.08	5.99
Eggs			
Eggs, grade A large, dozen	3.02	2.88	3.02
Beef			
Inside Round Steak, boneless, kg	10.56	14.49	16.59
Inside Round Roast, boneless, kg	10.56	14.29	16.24
Ground Beef, lean, kg	8.11	11.11	11.85
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.56	12.89	14.98
Ham, sliced, regular, 175 g	2.92	4.52	4.09
Poultry			
Chicken, grade A, whole fryer, kg	8.78	8.39	9.52
Chicken Thighs, kg	9.01	7.03	7.62
Chicken Drumsticks, kg	8.20	7.85	7.22
Chicken Breasts, boneless & skinless, kg	17.09	16.56	15.17
Fish			
Fish, sole, frozen, 400 g	5.82	7.15	7.25
Salmon, sockeye, canned, 213 g	5.02	2.41	3.06
Tuna, flaked or chunk, in water, canned, 170 g	1.91	2.35	1.61
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.42	6.58	6.42
Peanuts, dry roasted, 700 g	4.99	6.32	5.45
Baked Beans, canned, 398 ml	1.55	1.75	1.69
Lentils, dry, 400 g	2.92	2.03	2.39
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.48	5.40	6.15
Cereal, oats, quick cooking, 1 kg	4.52	4.05	3.89
Cereal, toasted oats O's, 525 g	5.65	5.65	6.26
Pita, whole-wheat, 324 g, 6's	2.92	3.19	3.29
Bread, whole-wheat, private label, 680 g	3.16	3.58	3.82
Flour, whole-wheat, 5 kg	9.62	8.98	10.65
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.48	4.39	4.32
Buns, hamburger, white, 540 g, 12's	3.35	3.22	2.65
Soda Crackers, unsalted tops, 450 g	3.48	3.35	3.15
Bread, white, private label, 570 g	3.58	3.65	3.00
Pasta, macaroni or spaghetti, enriched, 900 g	2.86	4.27	3.42
Flour, white, enriched, all purpose, 5 kg	9.62	7.15	10.65
Rice, converted, natural long grain, 900 g	6.12	3.89	5.66

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Drumheller, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.95	3.02	2.88
Melon, cantaloupe, kg	3.07	2.76	4.58
Sweet Potato or Yam, kg	2.83	2.61	3.27
Carrots, kg	1.86	2.05	2.05
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.62	3.05	3.78
Vegetables, mixed, frozen, 750 g	3.62	3.22	3.78
Peas, green, frozen, 750 g	3.62	3.05	3.78
Broccoli, bunches, kg	6.75	4.00	3.49
Lettuce, romaine, kg	3.80	4.56	5.48
Peppers, sweet green bell, kg	6.81	7.31	6.51
Other Fresh Vegetables & Fruits			
Apples, kg	3.78	3.65	3.17
Bananas, kg	2.05	1.76	1.83
Grapes, red or green, seedless, kg	7.15	6.73	6.87
Oranges, kg	3.27	3.42	3.49
Pears, kg	3.50	4.42	3.15
Cabbage, green, kg	1.95	2.39	1.51
Celery, stalks, kg	1.55	3.49	2.05
Cucumber, long english, kg	5.71	3.54	5.81
Lettuce, iceberg, kg	3.78	2.41	4.08
Mushrooms, white, bulk, kg	7.83	7.83	7.78
Onions, yellow, cooking, kg	2.38	2.26	2.34
Potatoes, white or red, 4.54 kg	4.99	5.99	5.82
Rutabaga, kg	1.81	2.17	1.66
Tomatoes, red, kg	3.85	3.34	4.75
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.41	2.97	3.27
Orange Juice, frozen concentrate, 355 ml	1.88	1.39	2.11
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.24	4.21	4.72
Raisins, seedless, Sultana or Thompson, 750 g	5.65	6.39	6.62
Strawberries, frozen, unsweetened, 600 g	6.48	5.45	6.48
Corn, canned vacuum packed, 341 ml	1.74	1.74	1.61
Tomatoes, canned, whole, 796 ml	2.15	2.59	2.65
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.48	5.42	5.69
Oil, canola, 946 ml	4.86	4.55	5.29
Salad Dressing, Italian, 475 ml	3.48	2.98	2.92
Mayonnaise, 475 ml	4.19	3.02	4.02
Butter, 454 g	3.88	4.22	5.45
Sweeteners			
Sugar, white granulated, 4 kg	6.18	5.80	5.48
Honey, creamed, pasteurized, 500 g	5.58	7.08	6.42

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Edmonton, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.64	3.70	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.69	2.96	2.51
Cheddar Cheese, medium, 100 g	1.18	1.20	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.22	1.34	1.41
Processed Cheese, slices, 500 g	4.98	4.29	5.68
Ice Cream, 4 litre	6.16	6.43	6.26
Eggs			
Eggs, grade A large, dozen	2.74	2.62	2.58
Beef			
Inside Round Steak, boneless, kg	13.51	16.10	16.52
Inside Round Roast, boneless, kg	11.63	12.96	15.49
Ground Beef, lean, kg	8.17	10.59	10.07
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.71	14.13	13.29
Ham, sliced, regular, 175 g	4.08	4.95	5.41
Poultry			
Chicken, grade A, whole fryer, kg	7.60	6.66	6.75
Chicken Thighs, kg	7.84	7.28	7.45
Chicken Drumsticks, kg	7.64	6.84	7.33
Chicken Breasts, boneless & skinless, kg	16.96	16.29	16.31
Fish			
Fish, sole, frozen, 400 g	6.28	7.24	6.30
Salmon, sockeye, canned, 213 g	4.02	4.14	4.60
Tuna, flaked or chunk, in water, canned, 170 g	1.50	1.51	1.52
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.88	5.70	5.76
Peanuts, dry roasted, 700 g	5.38	5.99	6.34
Baked Beans, canned, 398 ml	1.44	1.26	1.53
Lentils, dry, 400 g	2.20	1.92	1.86
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.79	5.26	4.68
Cereal, oats, quick cooking, 1 kg	3.29	3.81	3.18
Cereal, toasted oats O's, 525 g	5.69	5.95	4.98
Pita, whole-wheat, 324 g, 6's	3.79	3.45	3.25
Bread, whole-wheat, private label, 680 g	3.83	3.67	3.67
Flour, whole-wheat, 5 kg	8.28	8.93	9.34
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.21	4.07	3.92
Buns, hamburger, white, 540 g, 12's	3.68	2.95	3.18
Soda Crackers, unsalted tops, 450 g	3.12	3.18	2.91
Bread, white, private label, 570 g	3.07	3.08	3.16
Pasta, macaroni or spaghetti, enriched, 900 g	2.94	3.20	3.32
Flour, white, enriched, all purpose, 5 kg	8.28	8.93	9.34
Rice, converted, natural long grain, 900 g	5.22	5.18	4.94

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Edmonton, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.45	2.55	2.53
Melon, cantaloupe, kg	2.76	2.50	2.34
Sweet Potato or Yam, kg	2.91	3.67	3.13
Carrots, kg	1.51	1.72	1.30
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.04	3.24	3.62
Vegetables, mixed, frozen, 750 g	3.04	3.24	3.62
Peas, green, frozen, 750 g	3.04	3.24	3.62
Broccoli, bunches, kg	6.16	4.18	3.54
Lettuce, romaine, kg	3.55	3.57	4.40
Peppers, sweet green bell, kg	4.38	6.57	5.26
Other Fresh Vegetables & Fruits			
Apples, kg	3.10	3.84	3.31
Bananas, kg	1.75	1.84	1.80
Grapes, red or green, seedless, kg	6.14	5.91	6.58
Oranges, kg	3.21	3.58	3.36
Pears, kg	3.13	4.37	3.29
Cabbage, green, kg	1.55	1.99	1.55
Celery, stalks, kg	2.26	2.29	2.05
Cucumber, long english, kg	4.24	3.45	5.18
Lettuce, iceberg, kg	2.93	2.42	3.05
Mushrooms, white, bulk, kg	6.87	6.43	6.87
Onions, yellow, cooking, kg	1.38	2.31	1.38
Potatoes, white or red, 4.54 kg	4.98	5.58	5.18
Rutabaga, kg	1.68	1.64	1.50
Tomatoes, red, kg	3.22	3.27	4.11
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.65	2.86	2.93
Orange Juice, frozen concentrate, 355 ml	1.95	1.96	2.04
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.56	3.53	3.90
Raisins, seedless, Sultana or Thompson, 750 g	5.56	5.63	5.38
Strawberries, frozen, unsweetened, 600 g	6.38	6.52	6.38
Corn, canned vacuum packed, 341 ml	1.56	1.56	1.61
Tomatoes, canned, whole, 796 ml	2.03	2.04	2.00
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.13	5.38	5.49
Oil, canola, 946 ml	4.76	5.00	4.69
Salad Dressing, Italian, 475 ml	3.09	2.78	3.04
Mayonnaise, 475 ml	5.16	4.22	4.00
Butter, 454 g	3.70	3.94	3.92
Sweeteners			
Sugar, white granulated, 4 kg	5.76	5.04	5.15
Honey, creamed, pasteurized, 500 g	6.75	5.72	5.82

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Fairview-Spirit River-Grimshaw, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.73	3.83
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	2.56	2.63
Cheddar Cheese, medium, 100 g	-	1.37	1.40
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.47	1.67
Processed Cheese, slices, 500 g	-	5.75	6.35
Ice Cream, 4 litre	-	6.82	6.42
Eggs			
Eggs, grade A large, dozen	-	3.02	2.82
Beef			
Inside Round Steak, boneless, kg	-	15.21	13.38
Inside Round Roast, boneless, kg	-	16.91	17.33
Ground Beef, lean, kg	-	11.18	12.27
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	14.18	15.11
Ham, sliced, regular, 175 g	-	4.56	5.99
Poultry			
Chicken, grade A, whole fryer, kg	-	6.53	7.64
Chicken Thighs, kg	-	8.58	7.49
Chicken Drumsticks, kg	-	7.50	8.49
Chicken Breasts, boneless & skinless, kg	-	17.56	19.40
Fish			
Fish, sole, frozen, 400 g	-	6.82	7.49
Salmon, sockeye, canned, 213 g	-	3.12	4.69
Tuna, flaked or chunk, in water, canned, 170 g	-	2.03	1.83
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	7.32	7.49
Peanuts, dry roasted, 700 g	-	4.23	7.49
Baked Beans, canned, 398 ml	-	1.43	1.85
Lentils, dry, 400 g	-	2.82	2.69
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.63	5.76
Cereal, oats, quick cooking, 1 kg	-	4.39	4.39
Cereal, toasted oats O's, 525 g	-	7.02	6.48
Pita, whole-wheat, 324 g, 6's	-	3.89	4.29
Bread, whole-wheat, private label, 680 g	-	4.06	3.76
Flour, whole-wheat, 5 kg	-	10.99	8.18
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.79	4.22
Buns, hamburger, white, 540 g, 12's	-	3.52	3.42
Soda Crackers, unsalted tops, 450 g	-	3.92	3.59
Bread, white, private label, 570 g	-	3.82	3.56
Pasta, macaroni or spaghetti, enriched, 900 g	-	4.02	3.19
Flour, white, enriched, all purpose, 5 kg	-	10.99	8.18
Rice, converted, natural long grain, 900 g	-	5.72	5.74

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Fairview-Spirit River-Grimshaw, Alberta ($) - November17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.62	2.68
Melon, cantaloupe, kg	-	3.08	3.09
Sweet Potato or Yam, kg	-	2.91	3.06
Carrots, kg	-	2.27	2.04
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.29	3.77
Vegetables, mixed, frozen, 750 g	-	3.42	4.12
Peas, green, frozen, 750 g	-	3.39	4.08
Broccoli, bunches, kg	-	3.03	5.91
Lettuce, romaine, kg	-	3.05	6.77
Peppers, sweet green bell, kg	-	7.32	6.74
Other Fresh Vegetables & Fruits			
Apples, kg	-	3.27	3.80
Bananas, kg	-	1.95	1.88
Grapes, red or green, seedless, kg	-	5.31	6.96
Oranges, kg	-	3.58	3.29
Pears, kg	-	4.68	3.73
Cabbage, green, kg	-	2.33	1.52
Celery, stalks, kg	-	3.12	2.27
Cucumber, long english, kg	-	3.58	5.70
Lettuce, iceberg, kg	-	2.65	4.21
Mushrooms, white, bulk, kg	-	7.69	8.35
Onions, yellow, cooking, kg	-	2.94	2.12
Potatoes, white or red, 4.54 kg	-	7.16	6.32
Rutabaga, kg	-	2.25	1.74
Tomatoes, red, kg	-	4.39	5.20
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	3.10	3.20
Orange Juice, frozen concentrate, 355 ml	-	2.62	2.09
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.56	5.07
Raisins, seedless, Sultana or Thompson, 750 g	-	7.19	6.64
Strawberries, frozen, unsweetened, 600 g	-	6.49	7.26
Corn, canned vacuum packed, 341 ml	-	1.64	1.58
Tomatoes, canned, whole, 796 ml	-	2.66	2.30
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	6.39	5.76
Oil, canola, 946 ml	-	5.09	5.16
Salad Dressing, Italian, 475 ml	-	2.66	3.78
Mayonnaise, 475 ml	-	4.42	3.92
Butter, 454 g	-	4.29	4.86
Sweeteners			
Sugar, white granulated, 4 kg	-	6.66	6.79
Honey, creamed, pasteurized, 500 g	-	6.16	6.32

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Fort McLeod-Pincher Creek, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	4.07	-	3.60
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.02	-	2.84
Cheddar Cheese, medium, 100 g	1.18	-	0.84
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.20	-	1.15
Processed Cheese, slices, 500 g	5.87	-	4.98
Ice Cream, 4 litre	6.47	-	5.41
Eggs			
Eggs, grade A large, dozen	3.08	-	2.96
Beef			
Inside Round Steak, boneless, kg	9.82	-	15.24
Inside Round Roast, boneless, kg	12.26	-	14.44
Ground Beef, lean, kg	7.60	-	11.71
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.67	-	9.80
Ham, sliced, regular, 175 g	4.02	-	3.58
Poultry			
Chicken, grade A, whole fryer, kg	6.50	-	6.52
Chicken Thighs, kg	7.47	-	7.61
Chicken Drumsticks, kg	7.52	-	6.21
Chicken Breasts, boneless & skinless, kg	13.43	-	10.62
Fish			
Fish, sole, frozen, 400 g	5.74	-	5.27
Salmon, sockeye, canned, 213 g	4.14	-	5.02
Tuna, flaked or chunk, in water, canned, 170 g	2.09	-	1.64
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.19	-	5.31
Peanuts, dry roasted, 700 g	5.74	-	5.46
Baked Beans, canned, 398 ml	1.52	-	1.63
Lentils, dry, 400 g	2.20	-	2.41
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.99	-	4.69
Cereal, oats, quick cooking, 1 kg	4.01	-	3.68
Cereal, toasted oats O's, 525 g	7.04	-	5.41
Pita, whole-wheat, 324 g, 6's	3.24	-	3.14
Bread, whole-wheat, private label, 680 g	2.55	-	3.10
Flour, whole-wheat, 5 kg	8.99	-	9.56
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.59	-	4.44
Buns, hamburger, white, 540 g, 12's	3.61	-	3.15
Soda Crackers, unsalted tops, 450 g	3.26	-	2.83
Bread, white, private label, 570 g	2.83	-	3.38
Pasta, macaroni or spaghetti, enriched, 900 g	3.43	-	3.15
Flour, white, enriched, all purpose, 5 kg	8.49	-	9.56
Rice, converted, natural long grain, 900 g	5.12	-	5.02

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Fort McLeod-Pincher Creek, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.72	-	2.87
Melon, cantaloupe, kg	2.49	-	2.35
Sweet Potato or Yam, kg	2.06	-	2.99
Carrots, kg	1.49	-	2.02
Dark Green Vegetables			
Beans, green, frozen, 750 g	5.14	-	3.19
Vegetables, mixed, frozen, 750 g	3.34	-	3.37
Peas, green, frozen, 750 g	3.34	-	3.37
Broccoli, bunches, kg	4.20	-	3.96
Lettuce, romaine, kg	2.95	-	3.64
Peppers, sweet green bell, kg	6.03	-	5.31
Other Fresh Vegetables & Fruits			
Apples, kg	3.21	-	2.89
Bananas, kg	1.83	-	1.83
Grapes, red or green, seedless, kg	4.66	-	5.96
Oranges, kg	3.33	-	3.38
Pears, kg	3.02	-	3.88
Cabbage, green, kg	1.56	-	1.51
Celery, stalks, kg	1.97	-	3.17
Cucumber, long english, kg	5.02	-	5.47
Lettuce, iceberg, kg	3.02	-	4.42
Mushrooms, white, bulk, kg	7.02	-	7.44
Onions, yellow, cooking, kg	1.40	-	1.05
Potatoes, white or red, 4.54 kg	6.49	-	4.98
Rutabaga, kg	1.80	-	1.45
Tomatoes, red, kg	3.77	-	4.27
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.22	-	4.34
Orange Juice, frozen concentrate, 355 ml	1.76	-	2.46
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.17	-	3.60
Raisins, seedless, Sultana or Thompson, 750 g	6.34	-	5.63
Strawberries, frozen, unsweetened, 600 g	5.69	-	5.51
Corn, canned vacuum packed, 341 ml	1.69	-	2.11
Tomatoes, canned, whole, 796 ml	2.44	-	2.53
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.64	-	5.59
Oil, canola, 946 ml	5.39	-	5.20
Salad Dressing, Italian, 475 ml	2.74	-	3.26
Mayonnaise, 475 ml	3.92	-	3.80
Butter, 454 g	4.24	-	4.21
Sweeteners			
Sugar, white granulated, 4 kg	6.05	-	5.31
Honey, creamed, pasteurized, 500 g	5.71	-	5.78

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Fort McMurray, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.66	3.79	3.78
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.44	3.10	2.93
Cheddar Cheese, medium, 100 g	1.19	1.31	1.27
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.30	1.31	1.35
Processed Cheese, slices, 500 g	5.87	4.66	6.13
Ice Cream, 4 litre	6.62	6.58	6.27
Eggs			
Eggs, grade A large, dozen	3.12	3.08	3.07
Beef			
Inside Round Steak, boneless, kg	13.38	14.83	16.71
Inside Round Roast, boneless, kg	13.86	14.17	14.20
Ground Beef, lean, kg	9.19	11.02	10.98
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.61	10.73	13.61
Ham, sliced, regular, 175 g	3.99	4.83	6.62
Poultry			
Chicken, grade A, whole fryer, kg	9.03	7.93	9.28
Chicken Thighs, kg	8.30	7.35	7.74
Chicken Drumsticks, kg	7.97	8.06	7.52
Chicken Breasts, boneless & skinless, kg	16.77	14.55	16.72
Fish			
Fish, sole, frozen, 400 g	4.24	7.73	5.50
Salmon, sockeye, canned, 213 g	4.62	4.44	4.86
Tuna, flaked or chunk, in water, canned, 170 g	2.41	2.29	1.87
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	7.37	5.20	7.56
Peanuts, dry roasted, 700 g	5.45	5.94	6.30
Baked Beans, canned, 398 ml	2.08	1.71	1.99
Lentils, dry, 400 g	3.02	2.04	2.31
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.47	5.39	5.78
Cereal, oats, quick cooking, 1 kg	4.02	4.97	3.82
Cereal, toasted oats O's, 525 g	6.60	6.65	6.59
Pita, whole-wheat, 324 g, 6's	3.60	3.72	2.81
Bread, whole-wheat, private label, 680 g	3.45	3.01	3.40
Flour, whole-wheat, 5 kg	9.15	9.20	9.92
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.66	4.49	4.59
Buns, hamburger, white, 540 g, 12's	3.85	3.11	3.05
Soda Crackers, unsalted tops, 450 g	3.52	3.81	3.34
Bread, white, private label, 570 g	3.45	3.04	3.44
Pasta, macaroni or spaghetti, enriched, 900 g	3.19	3.49	3.47
Flour, white, enriched, all purpose, 5 kg	9.15	9.20	9.87
Rice, converted, natural long grain, 900 g	5.53	5.44	5.47

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Fort McMurray, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	3.40	3.17	3.32
Melon, cantaloupe, kg	3.55	3.09	2.98
Sweet Potato or Yam, kg	2.79	3.58	3.69
Carrots, kg	2.01	1.77	1.68
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.79	3.83	4.12
Vegetables, mixed, frozen, 750 g	3.79	3.83	4.12
Peas, green, frozen, 750 g	3.79	3.83	4.12
Broccoli, bunches, kg	5.92	4.18	4.76
Lettuce, romaine, kg	3.95	3.19	4.14
Peppers, sweet green bell, kg	5.04	6.22	5.52
Other Fresh Vegetables & Fruits			
Apples, kg	3.86	4.09	2.92
Bananas, kg	1.93	2.02	1.98
Grapes, red or green, seedless, kg	7.06	6.51	6.76
Oranges, kg	3.43	3.73	3.05
Pears, kg	3.32	3.96	3.48
Cabbage, green, kg	1.81	2.25	1.66
Celery, stalks, kg	3.24	2.13	2.88
Cucumber, long english, kg	8.56	2.68	5.46
Lettuce, iceberg, kg	3.24	2.39	3.79
Mushrooms, white, bulk, kg	7.54	7.17	7.36
Onions, yellow, cooking, kg	1.82	1.93	1.68
Potatoes, white or red, 4.54 kg	4.57	7.40	6.07
Rutabaga, kg	1.77	1.77	1.62
Tomatoes, red, kg	4.12	3.50	3.97
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.96	3.50	3.45
Orange Juice, frozen concentrate, 355 ml	1.95	1.77	2.40
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.45	3.83	4.83
Raisins, seedless, Sultana or Thompson, 750 g	7.11	6.37	5.81
Strawberries, frozen, unsweetened, 600 g	7.14	6.82	7.20
Corn, canned vacuum packed, 341 ml	1.77	1.82	1.55
Tomatoes, canned, whole, 796 ml	2.31	2.42	2.56
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.29	5.54	5.96
Oil, canola, 946 ml	4.97	5.17	5.37
Salad Dressing, Italian, 475 ml	3.19	3.16	3.55
Mayonnaise, 475 ml	3.83	3.81	3.74
Butter, 454 g	4.03	4.39	4.10
Sweeteners			
Sugar, white granulated, 4 kg	6.63	6.66	6.33
Honey, creamed, pasteurized, 500 g	7.38	6.45	7.06

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Grande Prairie, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.66	3.52	3.75
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.74	3.07	3.06
Cheddar Cheese, medium, 100 g	1.26	1.52	1.32
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.38	1.84	1.66
Processed Cheese, slices, 500 g	5.40	5.32	5.55
Ice Cream, 4 litre	6.49	6.47	6.65
Eggs			
Eggs, grade A large, dozen	2.99	2.81	2.88
Beef			
Inside Round Steak, boneless, kg	12.54	15.26	14.41
Inside Round Roast, boneless, kg	10.94	15.00	15.62
Ground Beef, lean, kg	8.96	9.86	10.82
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.00	15.41	14.52
Ham, sliced, regular, 175 g	4.80	5.44	5.53
Poultry			
Chicken, grade A, whole fryer, kg	7.56	7.42	7.37
Chicken Thighs, kg	7.27	7.21	7.96
Chicken Drumsticks, kg	6.58	6.28	7.77
Chicken Breasts, boneless & skinless, kg	14.87	17.52	17.66
Fish			
Fish, sole, frozen, 400 g	6.74	7.37	6.73
Salmon, sockeye, canned, 213 g	4.26	4.24	4.40
Tuna, flaked or chunk, in water, canned, 170 g	2.06	2.23	1.89
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.15	6.57	6.86
Peanuts, dry roasted, 700 g	7.09	6.51	5.63
Baked Beans, canned, 398 ml	1.53	1.69	1.58
Lentils, dry, 400 g	2.56	2.28	2.23
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.95	5.52	5.08
Cereal, oats, quick cooking, 1 kg	3.87	4.36	3.52
Cereal, toasted oats O's, 525 g	5.74	6.62	6.15
Pita, whole-wheat, 324 g, 6's	3.31	2.98	3.51
Bread, whole-wheat, private label, 680 g	3.97	4.35	3.90
Flour, whole-wheat, 5 kg	8.92	9.89	9.88
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.35	4.41	4.10
Buns, hamburger, white, 540 g, 12's	3.32	3.80	3.47
Soda Crackers, unsalted tops, 450 g	3.25	3.30	3.16
Bread, white, private label, 570 g	3.03	3.80	3.70
Pasta, macaroni or spaghetti, enriched, 900 g	3.04	3.45	3.55
Flour, white, enriched, all purpose, 5 kg	8.92	10.02	9.88
Rice, converted, natural long grain, 900 g	5.69	5.35	5.17

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Grande Prairie, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.62	2.85	2.87
Melon, cantaloupe, kg	2.47	2.45	2.81
Sweet Potato or Yam, kg	2.98	3.16	3.27
Carrots, kg	1.87	2.02	1.47
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.61	3.42	3.60
Vegetables, mixed, frozen, 750 g	3.70	3.27	3.60
Peas, green, frozen, 750 g	3.70	3.35	3.04
Broccoli, bunches, kg	4.03	4.87	4.66
Lettuce, romaine, kg	3.66	3.96	4.07
Peppers, sweet green bell, kg	4.93	6.58	5.52
Other Fresh Vegetables & Fruits			
Apples, kg	3.39	3.76	3.49
Bananas, kg	1.82	1.72	1.87
Grapes, red or green, seedless, kg	6.20	6.13	6.94
Oranges, kg	3.46	3.70	3.50
Pears, kg	4.04	3.94	3.49
Cabbage, green, kg	1.51	1.87	1.69
Celery, stalks, kg	1.64	2.52	2.37
Cucumber, long english, kg	6.01	3.27	7.08
Lettuce, iceberg, kg	2.59	2.54	3.77
Mushrooms, white, bulk, kg	7.76	7.83	7.65
Onions, yellow, cooking, kg	1.15	2.13	1.41
Potatoes, white or red, 4.54 kg	6.15	5.82	5.49
Rutabaga, kg	1.84	1.91	1.58
Tomatoes, red, kg	4.26	3.94	4.38
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.89	3.27	3.26
Orange Juice, frozen concentrate, 355 ml	2.04	2.19	2.08
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.04	4.18	4.31
Raisins, seedless, Sultana or Thompson, 750 g	5.90	5.71	6.33
Strawberries, frozen, unsweetened, 600 g	5.76	6.28	6.37
Corn, canned vacuum packed, 341 ml	1.51	1.73	1.55
Tomatoes, canned, whole, 796 ml	2.34	2.48	2.34
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.63	5.95	5.59
Oil, canola, 946 ml	4.91	5.35	5.05
Salad Dressing, Italian, 475 ml	3.06	3.21	3.22
Mayonnaise, 475 ml	3.74	3.86	4.13
Butter, 454 g	4.90	4.25	5.71
Sweeteners			
Sugar, white granulated, 4 kg	5.64	5.39	5.11
Honey, creamed, pasteurized, 500 g	6.97	7.86	5.00

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Hanna-Stettler, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.74	3.75	3.75
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.11	3.10	2.47
Cheddar Cheese, medium, 100 g	1.25	1.15	1.19
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.17	1.19	1.68
Processed Cheese, slices, 500 g	5.93	5.31	6.18
Ice Cream, 4 litre	6.56	6.69	6.49
Eggs			
Eggs, grade A large, dozen	2.99	2.88	2.91
Beef			
Inside Round Steak, boneless, kg	13.51	15.50	14.01
Inside Round Roast, boneless, kg	12.77	15.13	15.14
Ground Beef, lean, kg	8.81	9.97	10.58
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.29	11.40	11.80
Ham, sliced, regular, 175 g	3.94	5.32	5.07
Poultry			
Chicken, grade A, whole fryer, kg	7.54	6.69	7.34
Chicken Thighs, kg	6.96	6.80	6.85
Chicken Drumsticks, kg	6.35	6.34	6.53
Chicken Breasts, boneless & skinless, kg	14.24	16.17	17.59
Fish			
Fish, sole, frozen, 400 g	6.86	6.86	6.24
Salmon, sockeye, canned, 213 g	4.64	4.62	4.88
Tuna, flaked or chunk, in water, canned, 170 g	1.99	1.62	1.65
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.91	6.31	6.94
Peanuts, dry roasted, 700 g	5.43	6.52	6.77
Baked Beans, canned, 398 ml	1.54	1.63	1.65
Lentils, dry, 400 g	2.57	2.77	2.52
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	8.46	5.47	4.94
Cereal, oats, quick cooking, 1 kg	3.56	3.69	3.53
Cereal, toasted oats O's, 525 g	5.24	6.74	5.73
Pita, whole-wheat, 324 g, 6's	3.44	4.09	3.15
Bread, whole-wheat, private label, 680 g	4.14	3.76	3.07
Flour, whole-wheat, 5 kg	9.74	10.71	10.01
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.44	4.46	4.08
Buns, hamburger, white, 540 g, 12's	3.00	3.52	3.69
Soda Crackers, unsalted tops, 450 g	3.46	3.56	3.24
Bread, white, private label, 570 g	3.47	3.76	3.74
Pasta, macaroni or spaghetti, enriched, 900 g	2.79	3.66	3.19
Flour, white, enriched, all purpose, 5 kg	9.74	10.71	10.01
Rice, converted, natural long grain, 900 g	5.39	5.64	5.06

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Hanna-Stettler, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.24	2.61	2.56
Melon, cantaloupe, kg	4.12	2.56	2.99
Sweet Potato or Yam, kg	2.57	2.72	3.18
Carrots, kg	1.84	2.01	2.17
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.36	3.29	3.73
Vegetables, mixed, frozen, 750 g	3.36	3.29	3.73
Peas, green, frozen, 750 g	3.36	3.29	3.73
Broccoli, bunches, kg	3.55	4.65	7.91
Lettuce, romaine, kg	4.63	4.07	4.48
Peppers, sweet green bell, kg	7.31	6.87	6.59
Other Fresh Vegetables & Fruits			
Apples, kg	3.06	3.22	3.62
Bananas, kg	1.77	1.83	1.84
Grapes, red or green, seedless, kg	6.22	5.62	7.69
Oranges, kg	2.89	3.56	3.45
Pears, kg	3.62	3.61	2.73
Cabbage, green, kg	1.91	2.07	2.28
Celery, stalks, kg	2.59	1.90	2.88
Cucumber, long english, kg	3.97	3.48	5.60
Lettuce, iceberg, kg	3.88	2.74	4.73
Mushrooms, white, bulk, kg	7.15	7.68	6.83
Onions, yellow, cooking, kg	2.12	2.77	1.69
Potatoes, white or red, 4.54 kg	6.24	5.49	5.56
Rutabaga, kg	2.27	2.27	2.10
Tomatoes, red, kg	4.62	4.22	5.33
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.24	3.07	3.54
Orange Juice, frozen concentrate, 355 ml	1.98	2.14	2.04
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.59	4.06	4.57
Raisins, seedless, Sultana or Thompson, 750 g	6.22	5.49	6.07
Strawberries, frozen, unsweetened, 600 g	5.99	6.02	6.54
Corn, canned vacuum packed, 341 ml	1.69	1.40	1.18
Tomatoes, canned, whole, 796 ml	2.29	2.26	1.92
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.49	6.49	5.49
Oil, canola, 946 ml	5.07	5.49	5.41
Salad Dressing, Italian, 475 ml	3.31	2.62	3.51
Mayonnaise, 475 ml	4.07	4.04	4.29
Butter, 454 g	4.51	4.34	3.86
Sweeteners			
Sugar, white granulated, 4 kg	5.69	6.00	6.03
Honey, creamed, pasteurized, 500 g	6.09	5.54	6.36

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for High Prairie-McLennan, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.86	3.86
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.55	3.92
Cheddar Cheese, medium, 100 g	-	1.64	1.58
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.70	1.62
Processed Cheese, slices, 500 g	-	5.36	6.58
Ice Cream, 4 litre	-	8.24	7.15
Eggs			
Eggs, grade A large, dozen	-	3.04	3.06
Beef			
Inside Round Steak, boneless, kg	-	15.66	13.27
Inside Round Roast, boneless, kg	-	15.39	16.61
Ground Beef, lean, kg	-	10.97	10.52
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	14.59	13.78
Ham, sliced, regular, 175 g	-	5.62	5.99
Poultry			
Chicken, grade A, whole fryer, kg	-	6.59	8.41
Chicken Thighs, kg	-	8.09	8.95
Chicken Drumsticks, kg	-	7.10	8.09
Chicken Breasts, boneless & skinless, kg	-	18.27	19.77
Fish			
Fish, sole, frozen, 400 g	-	9.76	8.67
Salmon, sockeye, canned, 213 g	-	5.74	5.68
Tuna, flaked or chunk, in water, canned, 170 g	-	2.01	2.35
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	9.24	7.42
Peanuts, dry roasted, 700 g	-	6.93	7.89
Baked Beans, canned, 398 ml	-	1.68	1.83
Lentils, dry, 400 g	-	2.99	2.88
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.25	5.92
Cereal, oats, quick cooking, 1 kg	-	4.62	4.92
Cereal, toasted oats O's, 525 g	-	6.63	7.02
Pita, whole-wheat, 324 g, 6's	-	3.89	4.59
Bread, whole-wheat, private label, 680 g	-	4.57	3.92
Flour, whole-wheat, 5 kg	-	11.15	9.17
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	5.34	4.32
Buns, hamburger, white, 540 g, 12's	-	3.18	3.49
Soda Crackers, unsalted tops, 450 g	-	4.74	3.96
Bread, white, private label, 570 g	-	3.82	3.79
Pasta, macaroni or spaghetti, enriched, 900 g	-	4.10	4.32
Flour, white, enriched, all purpose, 5 kg	-	11.04	9.17
Rice, converted, natural long grain, 900 g	-	5.80	5.82

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for High Prairie-McLennan, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.78	2.32
Melon, cantaloupe, kg	-	4.53	2.91
Sweet Potato or Yam, kg	-	2.84	3.35
Carrots, kg	-	3.26	1.98
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	4.12	4.74
Vegetables, mixed, frozen, 750 g	-	3.77	4.08
Peas, green, frozen, 750 g	-	3.69	4.08
Broccoli, bunches, kg	-	5.05	4.08
Lettuce, romaine, kg	-	3.41	5.40
Peppers, sweet green bell, kg	-	7.94	8.42
Other Fresh Vegetables & Fruits			
Apples, kg	-	3.78	2.92
Bananas, kg	-	2.02	2.03
Grapes, red or green, seedless, kg	-	7.25	6.86
Oranges, kg	-	3.98	3.87
Pears, kg	-	5.49	3.73
Cabbage, green, kg	-	2.51	1.37
Celery, stalks, kg	-	2.03	2.33
Cucumber, long english, kg	-	3.78	7.02
Lettuce, iceberg, kg	-	2.09	3.94
Mushrooms, white, bulk, kg	-	9.70	10.04
Onions, yellow, cooking, kg	-	2.79	1.59
Potatoes, white or red, 4.54 kg	-	6.62	6.50
Rutabaga, kg	-	2.59	1.59
Tomatoes, red, kg	-	3.73	6.30
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	2.83	3.40
Orange Juice, frozen concentrate, 355 ml	-	2.28	2.35
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.92	5.20
Raisins, seedless, Sultana or Thompson, 750 g	-	6.63	6.52
Strawberries, frozen, unsweetened, 600 g	-	6.55	7.56
Corn, canned vacuum packed, 341 ml	-	1.88	1.89
Tomatoes, canned, whole, 796 ml	-	2.37	2.89
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	6.40	6.59
Oil, canola, 946 ml	-	6.14	5.52
Salad Dressing, Italian, 475 ml	-	2.68	3.85
Mayonnaise, 475 ml	-	4.07	3.58
Butter, 454 g	-	4.56	4.72
Sweeteners			
Sugar, white granulated, 4 kg	-	6.62	5.79
Honey, creamed, pasteurized, 500 g	-	7.44	8.00

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Jasper-Hinton, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.58	3.89
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.70	3.12
Cheddar Cheese, medium, 100 g	-	1.61	1.75
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.90	1.72
Processed Cheese, slices, 500 g	-	5.44	6.94
Ice Cream, 4 litre	-	7.14	7.59
Eggs			
Eggs, grade A large, dozen	-	3.51	3.17
Beef			
Inside Round Steak, boneless, kg	-	14.14	15.87
Inside Round Roast, boneless, kg	-	12.97	12.95
Ground Beef, lean, kg	-	11.07	10.40
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	14.90	11.80
Ham, sliced, regular, 175 g	-	4.87	5.49
Poultry			
Chicken, grade A, whole fryer, kg	-	8.49	7.85
Chicken Thighs, kg	-	10.03	8.09
Chicken Drumsticks, kg	-	7.40	10.26
Chicken Breasts, boneless & skinless, kg	-	13.91	18.81
Fish			
Fish, sole, frozen, 400 g	-	11.98	7.46
Salmon, sockeye, canned, 213 g	-	4.82	4.70
Tuna, flaked or chunk, in water, canned, 170 g	-	2.22	2.30
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	7.77	7.12
Peanuts, dry roasted, 700 g	-	6.73	6.74
Baked Beans, canned, 398 ml	-	1.56	1.94
Lentils, dry, 400 g	-	2.61	2.52
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.47	6.02
Cereal, oats, quick cooking, 1 kg	-	4.57	4.40
Cereal, toasted oats O's, 525 g	-	6.48	6.47
Pita, whole-wheat, 324 g, 6's	-	3.04	2.87
Bread, whole-wheat, private label, 680 g	-	3.97	3.31
Flour, whole-wheat, 5 kg	-	10.07	10.87
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.94	4.59
Buns, hamburger, white, 540 g, 12's	-	3.77	3.67
Soda Crackers, unsalted tops, 450 g	-	3.72	3.53
Bread, white, private label, 570 g	-	3.17	3.12
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.82	3.97
Flour, white, enriched, all purpose, 5 kg	-	10.07	11.31
Rice, converted, natural long grain, 900 g	-	5.94	5.94

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Jasper-Hinton, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.79	2.79
Melon, cantaloupe, kg	-	4.29	3.50
Sweet Potato or Yam, kg	-	3.84	3.29
Carrots, kg	-	2.17	2.03
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.70	3.76
Vegetables, mixed, frozen, 750 g	-	3.70	4.11
Peas, green, frozen, 750 g	-	3.70	4.09
Broccoli, bunches, kg	-	5.16	6.56
Lettuce, romaine, kg	-	4.35	5.78
Peppers, sweet green bell, kg	-	7.64	6.21
Other Fresh Vegetables & Fruits			
Apples, kg	-	3.95	3.40
Bananas, kg	-	1.73	1.78
Grapes, red or green, seedless, kg	-	6.59	6.79
Oranges, kg	-	3.79	3.30
Pears, kg	-	5.05	3.98
Cabbage, green, kg	-	2.52	1.74
Celery, stalks, kg	-	1.93	2.32
Cucumber, long english, kg	-	4.37	8.27
Lettuce, iceberg, kg	-	3.89	4.87
Mushrooms, white, bulk, kg	-	7.52	9.19
Onions, yellow, cooking, kg	-	2.71	1.89
Potatoes, white or red, 4.54 kg	-	6.74	5.04
Rutabaga, kg	-	2.24	1.85
Tomatoes, red, kg	-	3.73	4.90
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	2.76	3.57
Orange Juice, frozen concentrate, 355 ml	-	2.66	2.07
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.87	5.15
Raisins, seedless, Sultana or Thompson, 750 g	-	6.65	7.02
Strawberries, frozen, unsweetened, 600 g	-	7.12	7.12
Corn, canned vacuum packed, 341 ml	-	1.61	1.73
Tomatoes, canned, whole, 796 ml	-	2.49	2.12
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	5.21	5.06
Oil, canola, 946 ml	-	5.12	5.64
Salad Dressing, Italian, 475 ml	-	3.25	3.40
Mayonnaise, 475 ml	-	3.43	3.77
Butter, 454 g	-	5.18	4.57
Sweeteners			
Sugar, white granulated, 4 kg	-	6.64	6.37
Honey, creamed, pasteurized, 500 g	-	6.12	6.12

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Lac La Biche-Boyle, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.90	3.89
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.82	3.47
Cheddar Cheese, medium, 100 g	-	1.39	1.49
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.44	1.31
Processed Cheese, slices, 500 g	-	5.87	6.32
Ice Cream, 4 litre	-	7.34	7.32
Eggs			
Eggs, grade A large, dozen	-	3.02	3.24
Beef			
Inside Round Steak, boneless, kg	-	15.04	14.05
Inside Round Roast, boneless, kg	-	10.10	12.72
Ground Beef, lean, kg	-	11.16	11.61
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	12.84	10.95
Ham, sliced, regular, 175 g	-	5.39	3.12
Poultry			
Chicken, grade A, whole fryer, kg	-	6.98	6.16
Chicken Thighs, kg	-	7.32	6.51
Chicken Drumsticks, kg	-	7.50	6.58
Chicken Breasts, boneless & skinless, kg	-	13.10	17.49
Fish			
Fish, sole, frozen, 400 g	-	7.48	7.65
Salmon, sockeye, canned, 213 g	-	3.74	5.23
Tuna, flaked or chunk, in water, canned, 170 g	-	2.29	2.42
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	7.01	6.99
Peanuts, dry roasted, 700 g	-	6.49	6.12
Baked Beans, canned, 398 ml	-	1.71	2.04
Lentils, dry, 400 g	-	2.10	2.34
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.52	4.66
Cereal, oats, quick cooking, 1 kg	-	4.69	3.77
Cereal, toasted oats O's, 525 g	-	7.02	5.94
Pita, whole-wheat, 324 g, 6's	-	3.47	3.27
Bread, whole-wheat, private label, 680 g	-	3.64	3.99
Flour, whole-wheat, 5 kg	-	9.36	9.97
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	5.09	4.69
Buns, hamburger, white, 540 g, 12's	-	3.42	3.42
Soda Crackers, unsalted tops, 450 g	-	4.01	3.79
Bread, white, private label, 570 g	-	3.64	3.44
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.77	3.59
Flour, white, enriched, all purpose, 5 kg	-	9.36	9.97
Rice, converted, natural long grain, 900 g	-	5.22	5.74

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Lac La Biche-Boyle, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	1.55	3.12
Melon, cantaloupe, kg	-	3.43	3.55
Sweet Potato or Yam, kg	-	2.67	3.07
Carrots, kg	-	3.60	2.18
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	4.02	4.37
Vegetables, mixed, frozen, 750 g	-	4.02	4.37
Peas, green, frozen, 750 g	-	4.02	4.37
Broccoli, bunches, kg	-	3.98	4.51
Lettuce, romaine, kg	-	4.30	4.77
Peppers, sweet green bell, kg	-	6.20	6.98
Other Fresh Vegetables & Fruits			
Apples, kg	-	4.17	3.79
Bananas, kg	-	2.05	1.77
Grapes, red or green, seedless, kg	-	7.42	6.70
Oranges, kg	-	3.78	3.43
Pears, kg	-	4.05	4.23
Cabbage, green, kg	-	2.62	1.85
Celery, stalks, kg	-	2.10	2.48
Cucumber, long english, kg	-	4.57	7.52
Lettuce, iceberg, kg	-	3.65	3.03
Mushrooms, white, bulk, kg	-	8.19	8.24
Onions, yellow, cooking, kg	-	2.17	1.61
Potatoes, white or red, 4.54 kg	-	6.19	7.24
Rutabaga, kg	-	2.23	1.74
Tomatoes, red, kg	-	4.32	4.55
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	3.76	3.80
Orange Juice, frozen concentrate, 355 ml	-	2.49	2.19
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.51	5.05
Raisins, seedless, Sultana or Thompson, 750 g	-	6.61	6.35
Strawberries, frozen, unsweetened, 600 g	-	6.46	6.97
Corn, canned vacuum packed, 341 ml	-	1.89	1.89
Tomatoes, canned, whole, 796 ml	-	2.37	2.57
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	7.19	4.89
Oil, canola, 946 ml	-	6.02	5.82
Salad Dressing, Italian, 475 ml	-	3.59	3.94
Mayonnaise, 475 ml	-	4.34	4.27
Butter, 454 g	-	4.74	4.77
Sweeteners			
Sugar, white granulated, 4 kg	-	5.83	6.09
Honey, creamed, pasteurized, 500 g	-	6.37	7.40

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Lethbridge, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.68	3.64	3.72
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.71	3.53	3.46
Cheddar Cheese, medium, 100 g	1.32	1.53	1.46
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.37	1.78	1.47
Processed Cheese, slices, 500 g	5.58	5.48	4.98
Ice Cream, 4 litre	6.61	6.42	6.98
Eggs			
Eggs, grade A large, dozen	3.07	2.75	2.82
Beef			
Inside Round Steak, boneless, kg	13.73	14.85	16.11
Inside Round Roast, boneless, kg	13.52	15.70	13.94
Ground Beef, lean, kg	6.61	8.95	8.82
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.28	13.89	13.16
Ham, sliced, regular, 175 g	3.65	3.96	4.86
Poultry			
Chicken, grade A, whole fryer, kg	7.02	7.30	6.37
Chicken Thighs, kg	8.74	6.79	7.47
Chicken Drumsticks, kg	7.26	6.41	6.43
Chicken Breasts, boneless & skinless, kg	15.67	13.99	15.91
Fish			
Fish, sole, frozen, 400 g	8.51	6.62	7.94
Salmon, sockeye, canned, 213 g	3.84	4.12	3.92
Tuna, flaked or chunk, in water, canned, 170 g	2.67	2.42	1.93
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.80	6.22	6.20
Peanuts, dry roasted, 700 g	6.11	5.24	6.19
Baked Beans, canned, 398 ml	1.43	1.30	1.61
Lentils, dry, 400 g	1.95	1.91	2.19
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.31	5.61	5.30
Cereal, oats, quick cooking, 1 kg	3.82	3.98	3.86
Cereal, toasted oats O's, 525 g	5.09	6.52	5.87
Pita, whole-wheat, 324 g, 6's	3.09	3.62	3.61
Bread, whole-wheat, private label, 680 g	4.05	3.75	3.82
Flour, whole-wheat, 5 kg	9.28	9.57	9.38
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.99	3.94	3.92
Buns, hamburger, white, 540 g, 12's	3.45	3.13	3.51
Soda Crackers, unsalted tops, 450 g	3.16	3.26	3.13
Bread, white, private label, 570 g	3.06	3.32	3.50
Pasta, macaroni or spaghetti, enriched, 900 g	2.94	3.10	3.30
Flour, white, enriched, all purpose, 5 kg	9.28	9.57	9.38
Rice, converted, natural long grain, 900 g	5.61	5.22	5.22

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Lethbridge, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.49	2.59	2.71
Melon, cantaloupe, kg	2.54	2.45	2.48
Sweet Potato or Yam, kg	2.98	3.27	3.27
Carrots, kg	1.94	1.72	1.40
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.36	3.63	3.62
Vegetables, mixed, frozen, 750 g	3.27	3.63	3.62
Peas, green, frozen, 750 g	3.27	3.63	3.62
Broccoli, bunches, kg	4.09	3.48	2.64
Lettuce, romaine, kg	2.94	2.94	4.54
Peppers, sweet green bell, kg	4.60	6.13	5.48
Other Fresh Vegetables & Fruits			
Apples, kg	3.72	3.97	3.65
Bananas, kg	1.84	1.93	1.78
Grapes, red or green, seedless, kg	5.98	5.37	6.14
Oranges, kg	3.66	3.66	3.23
Pears, kg	3.84	3.75	3.29
Cabbage, green, kg	1.35	1.63	1.55
Celery, stalks, kg	2.95	2.28	2.11
Cucumber, long english, kg	4.52	3.84	3.55
Lettuce, iceberg, kg	2.43	2.06	4.42
Mushrooms, white, bulk, kg	5.47	7.40	9.01
Onions, yellow, cooking, kg	1.73	2.40	1.63
Potatoes, white or red, 4.54 kg	5.74	6.58	5.28
Rutabaga, kg	1.70	1.65	1.45
Tomatoes, red, kg	4.19	3.05	4.41
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.19	2.67	3.62
Orange Juice, frozen concentrate, 355 ml	1.90	2.01	1.99
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.74	3.69	4.04
Raisins, seedless, Sultana or Thompson, 750 g	5.67	6.12	6.92
Strawberries, frozen, unsweetened, 600 g	6.58	5.90	6.14
Corn, canned vacuum packed, 341 ml	1.64	1.69	1.68
Tomatoes, canned, whole, 796 ml	2.14	2.16	2.30
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.11	4.56	5.82
Oil, canola, 946 ml	5.26	4.71	5.07
Salad Dressing, Italian, 475 ml	3.14	3.04	3.14
Mayonnaise, 475 ml	4.14	3.58	4.02
Butter, 454 g	3.98	4.42	4.34
Sweeteners			
Sugar, white granulated, 4 kg	5.69	5.88	5.63
Honey, creamed, pasteurized, 500 g	6.94	6.11	6.43

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Medicine Hat, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.62	3.71	3.76
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.51	2.96	2.59
Cheddar Cheese, medium, 100 g	1.32	1.51	1.15
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.32	1.36	1.05
Processed Cheese, slices, 500 g	5.23	4.99	5.33
Ice Cream, 4 litre	6.69	6.57	6.27
Eggs			
Eggs, grade A large, dozen	2.83	2.77	2.68
Beef			
Inside Round Steak, boneless, kg	13.03	15.72	16.72
Inside Round Roast, boneless, kg	12.08	14.55	15.04
Ground Beef, lean, kg	9.05	10.80	9.49
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	12.12	12.80	12.73
Ham, sliced, regular, 175 g	4.16	5.16	5.48
Poultry			
Chicken, grade A, whole fryer, kg	7.31	7.47	6.78
Chicken Thighs, kg	8.09	8.59	7.35
Chicken Drumsticks, kg	7.54	7.45	6.44
Chicken Breasts, boneless & skinless, kg	15.18	14.88	17.99
Fish			
Fish, sole, frozen, 400 g	5.14	6.92	7.32
Salmon, sockeye, canned, 213 g	4.44	4.63	4.58
Tuna, flaked or chunk, in water, canned, 170 g	1.94	1.87	1.53
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.00	6.35	5.93
Peanuts, dry roasted, 700 g	5.84	6.22	5.93
Baked Beans, canned, 398 ml	1.47	1.41	1.58
Lentils, dry, 400 g	1.92	2.12	2.06
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.71	5.53	4.54
Cereal, oats, quick cooking, 1 kg	3.58	3.50	3.24
Cereal, toasted oats O's, 525 g	5.52	6.65	5.73
Pita, whole-wheat, 324 g, 6's	3.05	3.52	3.34
Bread, whole-wheat, private label, 680 g	3.94	3.81	3.60
Flour, whole-wheat, 5 kg	9.33	9.10	9.63
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.17	4.12	7.34
Buns, hamburger, white, 540 g, 12's	2.99	3.05	3.15
Soda Crackers, unsalted tops, 450 g	3.17	3.35	2.89
Bread, white, private label, 570 g	3.43	3.04	3.44
Pasta, macaroni or spaghetti, enriched, 900 g	2.65	3.37	3.12
Flour, white, enriched, all purpose, 5 kg	9.33	9.10	9.63
Rice, converted, natural long grain, 900 g	5.22	5.38	4.88

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Medicine Hat, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.89	2.85	2.81
Melon, cantaloupe, kg	2.73	2.85	2.56
Sweet Potato or Yam, kg	2.50	3.02	3.20
Carrots, kg	1.97	2.06	1.41
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.35	3.26	3.72
Vegetables, mixed, frozen, 750 g	3.35	3.26	3.72
Peas, green, frozen, 750 g	3.35	3.26	3.72
Broccoli, bunches, kg	5.85	3.64	4.07
Lettuce, romaine, kg	3.88	2.85	4.52
Peppers, sweet green bell, kg	5.29	6.39	5.88
Other Fresh Vegetables & Fruits			
Apples, kg	2.95	3.71	3.26
Bananas, kg	1.67	1.86	1.83
Grapes, red or green, seedless, kg	5.91	5.66	6.36
Oranges, kg	3.09	3.45	3.09
Pears, kg	3.01	4.02	3.29
Cabbage, green, kg	1.73	1.95	1.69
Celery, stalks, kg	1.94	1.80	1.98
Cucumber, long english, kg	4.37	3.12	5.13
Lettuce, iceberg, kg	2.67	2.66	3.92
Mushrooms, white, bulk, kg	6.68	6.20	6.04
Onions, yellow, cooking, kg	1.61	2.36	1.39
Potatoes, white or red, 4.54 kg	5.99	6.29	5.48
Rutabaga, kg	1.95	1.84	1.47
Tomatoes, red, kg	3.78	2.73	4.67
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.69	2.58	2.81
Orange Juice, frozen concentrate, 355 ml	1.97	2.00	2.00
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.27	3.95	4.17
Raisins, seedless, Sultana or Thompson, 750 g	5.67	6.15	6.02
Strawberries, frozen, unsweetened, 600 g	6.48	6.88	6.58
Corn, canned vacuum packed, 341 ml	1.70	1.50	1.33
Tomatoes, canned, whole, 796 ml	2.17	2.18	2.31
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.52	6.01	5.19
Oil, canola, 946 ml	4.89	4.82	4.27
Salad Dressing, Italian, 475 ml	3.30	2.73	3.14
Mayonnaise, 475 ml	3.90	3.69	3.77
Butter, 454 g	3.65	3.87	4.12
Sweeteners			
Sugar, white granulated, 4 kg	5.78	5.55	5.09
Honey, creamed, pasteurized, 500 g	5.61	5.52	5.57

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Morinville-Onoway, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.63	3.70	3.70
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.98	3.02	3.09
Cheddar Cheese, medium, 100 g	1.28	1.29	1.43
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.34	1.29	1.51
Processed Cheese, slices, 500 g	6.28	5.55	5.44
Ice Cream, 4 litre	6.78	6.78	6.51
Eggs			
Eggs, grade A large, dozen	3.33	3.14	2.96
Beef			
Inside Round Steak, boneless, kg	14.01	16.49	16.51
Inside Round Roast, boneless, kg	12.95	14.99	14.66
Ground Beef, lean, kg	8.68	11.18	12.31
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.86	14.18	14.33
Ham, sliced, regular, 175 g	3.39	4.31	2.82
Poultry			
Chicken, grade A, whole fryer, kg	7.77	6.88	7.99
Chicken Thighs, kg	8.41	8.09	6.71
Chicken Drumsticks, kg	7.14	8.02	7.27
Chicken Breasts, boneless & skinless, kg	17.71	19.12	17.04
Fish			
Fish, sole, frozen, 400 g	5.49	9.01	6.16
Salmon, sockeye, canned, 213 g	4.78	3.94	4.95
Tuna, flaked or chunk, in water, canned, 170 g	1.95	1.89	1.75
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	7.41	6.08	6.61
Peanuts, dry roasted, 700 g	6.38	6.96	6.19
Baked Beans, canned, 398 ml	1.62	1.33	1.77
Lentils, dry, 400 g	2.39	2.19	2.15
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.08	6.08	5.38
Cereal, oats, quick cooking, 1 kg	3.48	3.82	3.11
Cereal, toasted oats O's, 525 g	5.47	6.91	6.00
Pita, whole-wheat, 324 g, 6's	3.10	3.50	3.26
Bread, whole-wheat, private label, 680 g	2.82	3.52	3.15
Flour, whole-wheat, 5 kg	9.88	10.31	8.76
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.38	4.15	4.25
Buns, hamburger, white, 540 g, 12's	3.95	2.95	4.04
Soda Crackers, unsalted tops, 450 g	3.58	3.58	3.58
Bread, white, private label, 570 g	3.75	3.35	3.52
Pasta, macaroni or spaghetti, enriched, 900 g	3.11	3.65	2.95
Flour, white, enriched, all purpose, 5 kg	9.88	10.31	8.76
Rice, converted, natural long grain, 900 g	4.23	5.44	4.29

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Morinville-Onoway, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.16	2.43	2.42
Melon, cantaloupe, kg	1.95	3.46	3.22
Sweet Potato or Yam, kg	2.39	2.76	2.90
Carrots, kg	1.66	2.04	1.64
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.38	3.45	3.78
Vegetables, mixed, frozen, 750 g	3.38	3.45	3.78
Peas, green, frozen, 750 g	3.38	3.45	3.78
Broccoli, bunches, kg	5.29	3.93	3.93
Lettuce, romaine, kg	4.25	3.83	5.47
Peppers, sweet green bell, kg	4.89	6.72	5.91
Other Fresh Vegetables & Fruits			
Apples, kg	3.05	3.64	3.05
Bananas, kg	1.80	1.79	1.73
Grapes, red or green, seedless, kg	6.84	4.41	7.16
Oranges, kg	3.12	3.34	3.20
Pears, kg	2.68	3.93	2.83
Cabbage, green, kg	1.65	2.02	1.44
Celery, stalks, kg	1.98	2.03	2.30
Cucumber, long english, kg	4.89	3.89	6.15
Lettuce, iceberg, kg	2.63	2.75	3.49
Mushrooms, white, bulk, kg	6.94	5.75	6.94
Onions, yellow, cooking, kg	1.70	2.39	1.31
Potatoes, white or red, 4.54 kg	6.25	4.62	5.48
Rutabaga, kg	1.73	2.02	1.51
Tomatoes, red, kg	3.94	3.49	4.38
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.26	2.87	3.53
Orange Juice, frozen concentrate, 355 ml	1.77	1.81	2.11
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.86	3.77	4.16
Raisins, seedless, Sultana or Thompson, 750 g	4.52	5.53	5.72
Strawberries, frozen, unsweetened, 600 g	5.02	5.69	5.82
Corn, canned vacuum packed, 341 ml	1.61	1.17	1.34
Tomatoes, canned, whole, 796 ml	1.95	1.71	1.60
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.47	6.71	6.64
Oil, canola, 946 ml	5.05	4.77	4.80
Salad Dressing, Italian, 475 ml	3.61	2.65	3.58
Mayonnaise, 475 ml	3.53	3.52	3.66
Butter, 454 g	4.48	4.51	4.45
Sweeteners			
Sugar, white granulated, 4 kg	6.78	6.23	5.80
Honey, creamed, pasteurized, 500 g	5.99	5.32	6.05

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Okotoks, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.63	3.67	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.12	2.78	2.46
Cheddar Cheese, medium, 100 g	1.26	1.36	1.43
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.26	1.08	1.43
Processed Cheese, slices, 500 g	5.73	4.98	5.61
Ice Cream, 4 litre	6.26	6.11	6.13
Eggs			
Eggs, grade A large, dozen	2.82	4.96	2.80
Beef			
Inside Round Steak, boneless, kg	14.82	15.45	16.25
Inside Round Roast, boneless, kg	13.68	15.07	13.52
Ground Beef, lean, kg	9.03	11.11	10.59
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.72	12.23	12.46
Ham, sliced, regular, 175 g	4.36	5.05	5.05
Poultry			
Chicken, grade A, whole fryer, kg	6.00	6.09	6.10
Chicken Thighs, kg	7.24	8.75	8.28
Chicken Drumsticks, kg	7.52	8.15	7.17
Chicken Breasts, boneless & skinless, kg	16.77	17.74	16.46
Fish			
Fish, sole, frozen, 400 g	6.48	6.51	6.36
Salmon, sockeye, canned, 213 g	4.23	3.89	4.25
Tuna, flaked or chunk, in water, canned, 170 g	1.67	1.53	1.67
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.01	5.53	6.03
Peanuts, dry roasted, 700 g	5.92	5.67	5.97
Baked Beans, canned, 398 ml	1.42	1.30	1.49
Lentils, dry, 400 g	2.16	1.80	1.62
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.52	4.63	4.85
Cereal, oats, quick cooking, 1 kg	3.98	3.98	3.16
Cereal, toasted oats O's, 525 g	5.83	6.53	5.31
Pita, whole-wheat, 324 g, 6's	3.22	3.14	2.99
Bread, whole-wheat, private label, 680 g	3.30	4.23	2.94
Flour, whole-wheat, 5 kg	9.36	8.88	9.23
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.43	3.73	3.73
Buns, hamburger, white, 540 g, 12's	3.13	3.06	3.18
Soda Crackers, unsalted tops, 450 g	3.18	3.35	2.98
Bread, white, private label, 570 g	3.11	3.33	3.04
Pasta, macaroni or spaghetti, enriched, 900 g	2.82	3.26	3.23
Flour, white, enriched, all purpose, 5 kg	9.36	8.88	9.23
Rice, converted, natural long grain, 900 g	5.04	5.26	4.92

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Okotoks, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.36	2.66	2.29
Melon, cantaloupe, kg	2.85	2.57	3.07
Sweet Potato or Yam, kg	2.66	3.21	2.83
Carrots, kg	1.73	3.74	1.38
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.20	3.25	3.48
Vegetables, mixed, frozen, 750 g	3.20	3.25	3.48
Peas, green, frozen, 750 g	3.20	3.25	3.48
Broccoli, bunches, kg	5.15	3.70	3.51
Lettuce, romaine, kg	2.88	2.96	4.51
Peppers, sweet green bell, kg	4.37	6.57	4.76
Other Fresh Vegetables & Fruits			
Apples, kg	2.84	3.54	2.66
Bananas, kg	1.66	1.72	1.77
Grapes, red or green, seedless, kg	5.19	6.02	6.30
Oranges, kg	2.88	3.43	3.15
Pears, kg	3.32	3.87	2.63
Cabbage, green, kg	1.39	1.83	1.45
Celery, stalks, kg	1.88	2.11	2.20
Cucumber, long english, kg	5.54	3.08	6.23
Lettuce, iceberg, kg	2.53	2.69	4.35
Mushrooms, white, bulk, kg	6.83	6.28	6.83
Onions, yellow, cooking, kg	1.70	2.32	1.48
Potatoes, white or red, 4.54 kg	4.68	5.23	4.98
Rutabaga, kg	1.61	1.61	1.46
Tomatoes, red, kg	3.54	2.55	4.15
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.84	2.87	3.29
Orange Juice, frozen concentrate, 355 ml	1.97	1.88	1.94
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.86	3.74	3.91
Raisins, seedless, Sultana or Thompson, 750 g	5.91	5.91	5.88
Strawberries, frozen, unsweetened, 600 g	6.44	6.44	6.28
Corn, canned vacuum packed, 341 ml	1.53	1.28	1.50
Tomatoes, canned, whole, 796 ml	2.10	1.97	1.94
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.01	5.48	5.78
Oil, canola, 946 ml	4.84	4.69	5.06
Salad Dressing, Italian, 475 ml	3.20	2.73	2.96
Mayonnaise, 475 ml	4.41	3.43	4.13
Butter, 454 g	3.41	3.88	3.56
Sweeteners			
Sugar, white granulated, 4 kg	5.47	5.73	4.92
Honey, creamed, pasteurized, 500 g	5.70	5.34	5.61

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Olds, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.68	3.69	3.69
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.79	2.75	2.91
Cheddar Cheese, medium, 100 g	1.21	1.20	1.13
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.42	1.29	1.13
Processed Cheese, slices, 500 g	5.45	5.23	4.98
Ice Cream, 4 litre	6.13	6.13	5.93
Eggs			
Eggs, grade A large, dozen	2.75	2.68	2.75
Beef			
Inside Round Steak, boneless, kg	15.12	15.54	14.99
Inside Round Roast, boneless, kg	11.11	13.60	13.91
Ground Beef, lean, kg	7.36	10.50	10.64
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.78	12.82	11.95
Ham, sliced, regular, 175 g	4.43	5.11	3.88
Poultry			
Chicken, grade A, whole fryer, kg	5.65	6.66	5.88
Chicken Thighs, kg	7.07	7.69	6.98
Chicken Drumsticks, kg	6.41	7.09	6.98
Chicken Breasts, boneless & skinless, kg	13.39	14.47	15.17
Fish			
Fish, sole, frozen, 400 g	6.61	6.98	6.68
Salmon, sockeye, canned, 213 g	4.58	2.89	4.24
Tuna, flaked or chunk, in water, canned, 170 g	1.69	1.57	1.64
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.03	5.43	5.81
Peanuts, dry roasted, 700 g	5.49	5.52	5.64
Baked Beans, canned, 398 ml	1.44	1.32	1.54
Lentils, dry, 400 g	2.46	2.09	2.28
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.49	5.13	3.68
Cereal, oats, quick cooking, 1 kg	3.88	3.41	3.46
Cereal, toasted oats O's, 525 g	5.24	6.43	5.35
Pita, whole-wheat, 324 g, 6's	3.44	3.01	3.15
Bread, whole-wheat, private label, 680 g	3.24	3.62	2.96
Flour, whole-wheat, 5 kg	8.60	9.45	9.45
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.79	4.01	3.98
Buns, hamburger, white, 540 g, 12's	3.33	2.63	3.18
Soda Crackers, unsalted tops, 450 g	3.01	3.21	3.11
Bread, white, private label, 570 g	3.54	3.38	3.66
Pasta, macaroni or spaghetti, enriched, 900 g	2.73	3.31	3.01
Flour, white, enriched, all purpose, 5 kg	8.60	9.45	9.45
Rice, converted, natural long grain, 900 g	4.98	5.01	5.01

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Olds, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.29	2.46	2.22
Melon, cantaloupe, kg	1.98	2.08	2.48
Sweet Potato or Yam, kg	2.49	2.71	2.82
Carrots, kg	1.67	1.77	1.57
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.28	3.23	3.48
Vegetables, mixed, frozen, 750 g	3.28	3.23	3.48
Peas, green, frozen, 750 g	3.28	3.23	3.48
Broccoli, bunches, kg	5.03	3.62	2.98
Lettuce, romaine, kg	3.85	2.96	6.98
Peppers, sweet green bell, kg	4.75	5.74	5.14
Other Fresh Vegetables & Fruits			
Apples, kg	2.93	3.31	3.15
Bananas, kg	1.70	1.73	1.50
Grapes, red or green, seedless, kg	6.28	4.45	6.51
Oranges, kg	3.04	3.15	3.15
Pears, kg	3.32	3.59	3.04
Cabbage, green, kg	1.56	1.94	1.45
Celery, stalks, kg	2.09	1.77	1.72
Cucumber, long english, kg	5.85	3.38	5.71
Lettuce, iceberg, kg	2.80	2.74	3.42
Mushrooms, white, bulk, kg	6.28	6.22	7.28
Onions, yellow, cooking, kg	1.73	2.04	1.34
Potatoes, white or red, 4.54 kg	5.11	5.23	5.11
Rutabaga, kg	1.72	1.89	1.51
Tomatoes, red, kg	3.71	2.83	3.87
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.79	2.85	3.29
Orange Juice, frozen concentrate, 355 ml	1.92	1.96	2.06
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.79	3.62	3.99
Raisins, seedless, Sultana or Thompson, 750 g	6.46	5.00	6.69
Strawberries, frozen, unsweetened, 600 g	6.18	6.69	6.31
Corn, canned vacuum packed, 341 ml	1.48	1.36	1.48
Tomatoes, canned, whole, 796 ml	1.78	1.61	1.80
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.48	5.48	5.61
Oil, canola, 946 ml	4.35	4.65	4.83
Salad Dressing, Italian, 475 ml	3.21	2.73	3.11
Mayonnaise, 475 ml	4.02	3.49	3.61
Butter, 454 g	3.73	3.93	3.68
Sweeteners			
Sugar, white granulated, 4 kg	5.93	5.44	5.19
Honey, creamed, pasteurized, 500 g	5.61	5.49	7.11

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Peace River, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.64	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	2.60	2.71
Cheddar Cheese, medium, 100 g	-	1.38	1.24
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.77	1.31
Processed Cheese, slices, 500 g	-	4.43	5.85
Ice Cream, 4 litre	-	5.93	6.21
Eggs			
Eggs, grade A large, dozen	-	2.75	2.87
Beef			
Inside Round Steak, boneless, kg	-	14.43	17.02
Inside Round Roast, boneless, kg	-	14.19	14.49
Ground Beef, lean, kg	-	10.54	12.22
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	11.84	11.76
Ham, sliced, regular, 175 g	-	5.18	4.98
Poultry			
Chicken, grade A, whole fryer, kg	-	6.89	7.94
Chicken Thighs, kg	-	6.17	7.93
Chicken Drumsticks, kg	-	5.82	7.68
Chicken Breasts, boneless & skinless, kg	-	15.73	17.72
Fish			
Fish, sole, frozen, 400 g	-	5.75	5.91
Salmon, sockeye, canned, 213 g	-	4.76	4.45
Tuna, flaked or chunk, in water, canned, 170 g	-	1.59	1.69
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	5.35	5.33
Peanuts, dry roasted, 700 g	-	6.01	5.65
Baked Beans, canned, 398 ml	-	1.48	1.56
Lentils, dry, 400 g	-	2.16	1.91
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	4.98	4.98
Cereal, oats, quick cooking, 1 kg	-	3.61	3.63
Cereal, toasted oats O's, 525 g	-	6.28	5.56
Pita, whole-wheat, 324 g, 6's	-	3.34	3.71
Bread, whole-wheat, private label, 680 g	-	3.63	3.13
Flour, whole-wheat, 5 kg	-	11.12	10.07
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	3.88	3.98
Buns, hamburger, white, 540 g, 12's	-	3.09	3.31
Soda Crackers, unsalted tops, 450 g	-	3.26	3.16
Bread, white, private label, 570 g	-	3.30	3.33
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.01	3.35
Flour, white, enriched, all purpose, 5 kg	-	11.12	10.07
Rice, converted, natural long grain, 900 g	-	5.14	5.14

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Peace River, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.63	2.58
Melon, cantaloupe, kg	-	2.66	2.71
Sweet Potato or Yam, kg	-	2.82	2.93
Carrots, kg	-	1.84	1.71
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.23	3.43
Vegetables, mixed, frozen, 750 g	-	3.23	3.43
Peas, green, frozen, 750 g	-	3.33	3.43
Broccoli, bunches, kg	-	3.71	2.84
Lettuce, romaine, kg	-	3.92	5.10
Peppers, sweet green bell, kg	-	6.05	5.25
Other Fresh Vegetables & Fruits			
Apples, kg	-	3.54	3.32
Bananas, kg	-	1.83	1.70
Grapes, red or green, seedless, kg	-	5.63	6.96
Oranges, kg	-	3.15	2.88
Pears, kg	-	4.06	3.11
Cabbage, green, kg	-	1.94	1.45
Celery, stalks, kg	-	1.88	1.93
Cucumber, long english, kg	-	3.15	6.56
Lettuce, iceberg, kg	-	2.69	3.91
Mushrooms, white, bulk, kg	-	7.24	7.21
Onions, yellow, cooking, kg	-	2.22	1.56
Potatoes, white or red, 4.54 kg	-	6.73	5.73
Rutabaga, kg	-	1.99	1.56
Tomatoes, red, kg	-	3.16	4.42
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	2.97	3.21
Orange Juice, frozen concentrate, 355 ml	-	1.80	1.88
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.32	4.19
Raisins, seedless, Sultana or Thompson, 750 g	-	5.54	6.31
Strawberries, frozen, unsweetened, 600 g	-	6.98	6.58
Corn, canned vacuum packed, 341 ml	-	1.53	1.46
Tomatoes, canned, whole, 796 ml	-	2.11	2.18
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	5.88	5.68
Oil, canola, 946 ml	-	4.79	4.98
Salad Dressing, Italian, 475 ml	-	2.85	3.18
Mayonnaise, 475 ml	-	3.52	3.96
Butter, 454 g	-	4.22	4.06
Sweeteners			
Sugar, white granulated, 4 kg	-	5.30	4.95
Honey, creamed, pasteurized, 500 g	-	6.82	6.66

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Red Deer, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.71	3.76	3.73
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.44	2.67	2.51
Cheddar Cheese, medium, 100 g	1.21	1.32	1.19
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.34	1.30	1.46
Processed Cheese, slices, 500 g	5.32	4.90	5.25
Ice Cream, 4 litre	6.43	6.56	6.41
Eggs			
Eggs, grade A large, dozen	2.96	2.81	2.69
Beef			
Inside Round Steak, boneless, kg	13.06	15.40	16.65
Inside Round Roast, boneless, kg	11.22	14.76	15.41
Ground Beef, lean, kg	7.65	10.60	9.45
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	8.30	13.28	11.91
Ham, sliced, regular, 175 g	4.07	5.00	5.15
Poultry			
Chicken, grade A, whole fryer, kg	7.29	7.38	7.42
Chicken Thighs, kg	6.62	8.50	6.02
Chicken Drumsticks, kg	5.73	7.93	6.20
Chicken Breasts, boneless & skinless, kg	13.00	15.24	12.91
Fish			
Fish, sole, frozen, 400 g	5.61	5.98	6.49
Salmon, sockeye, canned, 213 g	4.41	4.23	4.71
Tuna, flaked or chunk, in water, canned, 170 g	1.63	1.71	1.88
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.25	5.82	6.27
Peanuts, dry roasted, 700 g	5.02	5.54	6.12
Baked Beans, canned, 398 ml	1.47	1.36	1.55
Lentils, dry, 400 g	2.12	2.29	2.20
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.93	4.92	4.10
Cereal, oats, quick cooking, 1 kg	4.29	3.91	3.44
Cereal, toasted oats O's, 525 g	5.93	6.57	5.68
Pita, whole-wheat, 324 g, 6's	3.77	3.17	3.36
Bread, whole-wheat, private label, 680 g	3.55	3.66	3.97
Flour, whole-wheat, 5 kg	8.60	8.97	9.37
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.22	4.12	4.07
Buns, hamburger, white, 540 g, 12's	3.28	2.87	3.04
Soda Crackers, unsalted tops, 450 g	3.11	3.24	3.06
Bread, white, private label, 570 g	3.28	2.97	3.02
Pasta, macaroni or spaghetti, enriched, 900 g	2.95	3.19	3.25
Flour, white, enriched, all purpose, 5 kg	8.60	9.05	9.37
Rice, converted, natural long grain, 900 g	5.35	5.35	5.15

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Red Deer, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.84	2.63	2.61
Melon, cantaloupe, kg	2.80	2.60	2.53
Sweet Potato or Yam, kg	2.68	3.16	2.98
Carrots, kg	1.50	1.97	1.49
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.52	3.47	3.69
Vegetables, mixed, frozen, 750 g	3.52	3.47	3.69
Peas, green, frozen, 750 g	3.52	3.47	3.69
Broccoli, bunches, kg	5.04	3.56	3.82
Lettuce, romaine, kg	3.58	3.35	4.70
Peppers, sweet green bell, kg	4.45	6.39	5.37
Other Fresh Vegetables & Fruits			
Apples, kg	2.78	3.75	3.49
Bananas, kg	1.75	1.86	1.87
Grapes, red or green, seedless, kg	6.75	4.01	5.79
Oranges, kg	3.35	3.64	3.22
Pears, kg	3.57	3.64	3.36
Cabbage, green, kg	1.62	1.87	1.55
Celery, stalks, kg	2.26	2.04	2.49
Cucumber, long english, kg	4.82	3.25	6.67
Lettuce, iceberg, kg	2.73	2.34	4.97
Mushrooms, white, bulk, kg	7.08	5.62	7.01
Onions, yellow, cooking, kg	1.48	2.29	1.42
Potatoes, white or red, 4.54 kg	5.82	7.58	6.73
Rutabaga, kg	1.80	1.91	1.51
Tomatoes, red, kg	3.93	3.09	4.30
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.76	2.84	2.96
Orange Juice, frozen concentrate, 355 ml	1.89	1.97	1.98
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.12	3.75	4.03
Raisins, seedless, Sultana or Thompson, 750 g	5.84	5.75	6.15
Strawberries, frozen, unsweetened, 600 g	6.59	6.74	6.57
Corn, canned vacuum packed, 341 ml	1.60	1.67	1.47
Tomatoes, canned, whole, 796 ml	2.18	2.01	2.02
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.14	4.90	5.34
Oil, canola, 946 ml	4.48	4.74	4.81
Salad Dressing, Italian, 475 ml	3.17	2.77	3.22
Mayonnaise, 475 ml	3.98	3.98	4.04
Butter, 454 g	5.24	3.82	5.16
Sweeteners			
Sugar, white granulated, 4 kg	5.65	5.28	5.05
Honey, creamed, pasteurized, 500 g	5.71	5.80	6.03

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Rocky Mountain House, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.71	3.81	3.81
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.69	2.99	2.93
Cheddar Cheese, medium, 100 g	1.10	1.20	1.16
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.37	1.25	1.22
Processed Cheese, slices, 500 g	5.49	4.99	5.59
Ice Cream, 4 litre	6.49	6.45	6.79
Eggs			
Eggs, grade A large, dozen	2.89	2.84	3.25
Beef			
Inside Round Steak, boneless, kg	12.92	16.56	17.46
Inside Round Roast, boneless, kg	13.02	15.37	14.91
Ground Beef, lean, kg	8.55	10.83	10.07
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	8.19	11.26	11.22
Ham, sliced, regular, 175 g	4.22	4.49	5.49
Poultry			
Chicken, grade A, whole fryer, kg	6.29	7.82	6.09
Chicken Thighs, kg	6.77	7.91	5.92
Chicken Drumsticks, kg	7.16	7.59	6.26
Chicken Breasts, boneless & skinless, kg	17.86	16.49	15.50
Fish			
Fish, sole, frozen, 400 g	6.24	6.99	6.16
Salmon, sockeye, canned, 213 g	4.29	3.65	3.35
Tuna, flaked or chunk, in water, canned, 170 g	2.01	1.98	1.85
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.82	6.98	6.82
Peanuts, dry roasted, 700 g	5.92	5.95	6.25
Baked Beans, canned, 398 ml	1.62	1.58	1.72
Lentils, dry, 400 g	2.72	2.19	2.29
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.49	5.52	4.43
Cereal, oats, quick cooking, 1 kg	4.09	4.32	4.35
Cereal, toasted oats O's, 525 g	5.65	6.76	6.26
Pita, whole-wheat, 324 g, 6's	3.70	3.86	4.06
Bread, whole-wheat, private label, 680 g	3.48	4.15	4.45
Flour, whole-wheat, 5 kg	9.32	9.41	9.59
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.45	4.32	4.45
Buns, hamburger, white, 540 g, 12's	3.32	3.39	3.09
Soda Crackers, unsalted tops, 450 g	3.62	3.43	3.15
Bread, white, private label, 570 g	3.58	4.02	3.92
Pasta, macaroni or spaghetti, enriched, 900 g	2.76	3.59	3.03
Flour, white, enriched, all purpose, 5 kg	9.32	9.41	9.59
Rice, converted, natural long grain, 900 g	5.56	5.56	6.16

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Rocky Mountain House, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.96	2.96	2.99
Melon, cantaloupe, kg	2.34	2.69	2.98
Sweet Potato or Yam, kg	2.54	2.91	3.13
Carrots, kg	1.54	1.90	1.91
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.59	3.65	3.99
Vegetables, mixed, frozen, 750 g	3.59	3.65	3.99
Peas, green, frozen, 750 g	3.59	3.65	3.99
Broccoli, bunches, kg	5.43	4.37	4.61
Lettuce, romaine, kg	4.22	4.69	4.97
Peppers, sweet green bell, kg	6.07	6.58	6.36
Other Fresh Vegetables & Fruits			
Apples, kg	3.78	4.08	3.57
Bananas, kg	1.86	1.94	1.87
Grapes, red or green, seedless, kg	6.91	6.14	7.46
Oranges, kg	3.28	3.50	3.13
Pears, kg	2.91	4.46	3.65
Cabbage, green, kg	1.95	2.17	1.51
Celery, stalks, kg	4.02	1.94	2.25
Cucumber, long english, kg	4.79	3.76	5.52
Lettuce, iceberg, kg	3.01	2.44	3.78
Mushrooms, white, bulk, kg	6.73	6.95	6.95
Onions, yellow, cooking, kg	1.98	2.49	1.61
Potatoes, white or red, 4.54 kg	4.98	5.32	5.99
Rutabaga, kg	1.59	2.03	1.51
Tomatoes, red, kg	3.41	3.19	4.82
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.97	3.28	3.40
Orange Juice, frozen concentrate, 355 ml	2.12	2.22	1.81
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.52	3.92	4.63
Raisins, seedless, Sultana or Thompson, 750 g	6.49	6.15	6.49
Strawberries, frozen, unsweetened, 600 g	6.58	6.91	6.58
Corn, canned vacuum packed, 341 ml	1.85	1.65	1.46
Tomatoes, canned, whole, 796 ml	2.35	2.55	2.69
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.48	6.06	5.12
Oil, canola, 946 ml	4.97	4.79	4.79
Salad Dressing, Italian, 475 ml	3.48	2.89	3.52
Mayonnaise, 475 ml	4.09	4.05	4.09
Butter, 454 g	3.65	3.95	3.61
Sweeteners			
Sugar, white granulated, 4 kg	5.98	5.30	4.98
Honey, creamed, pasteurized, 500 g	5.92	6.16	5.66

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for St. Albert, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.60	3.64	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.27	2.41	2.49
Cheddar Cheese, medium, 100 g	1.20	1.17	1.15
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.44	1.38	1.41
Processed Cheese, slices, 500 g	5.45	4.88	5.48
Ice Cream, 4 litre	6.16	6.31	6.26
Eggs			
Eggs, grade A large, dozen	2.75	2.69	2.72
Beef			
Inside Round Steak, boneless, kg	14.07	15.21	16.99
Inside Round Roast, boneless, kg	12.70	14.43	15.37
Ground Beef, lean, kg	8.69	10.32	10.22
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.98	13.16	13.29
Ham, sliced, regular, 175 g	4.35	4.98	5.41
Poultry			
Chicken, grade A, whole fryer, kg	6.50	7.19	7.15
Chicken Thighs, kg	8.19	8.44	7.47
Chicken Drumsticks, kg	7.66	8.18	7.32
Chicken Breasts, boneless & skinless, kg	14.34	15.54	15.70
Fish			
Fish, sole, frozen, 400 g	6.50	6.86	6.50
Salmon, sockeye, canned, 213 g	4.21	4.08	4.60
Tuna, flaked or chunk, in water, canned, 170 g	1.52	1.43	1.55
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.78	5.60	6.16
Peanuts, dry roasted, 700 g	4.65	6.00	6.15
Baked Beans, canned, 398 ml	1.42	1.26	1.53
Lentils, dry, 400 g	2.05	1.93	1.86
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.79	4.96	4.68
Cereal, oats, quick cooking, 1 kg	3.34	3.55	3.18
Cereal, toasted oats O's, 525 g	5.69	6.48	5.96
Pita, whole-wheat, 324 g, 6's	2.85	2.87	2.95
Bread, whole-wheat, private label, 680 g	3.76	4.08	3.67
Flour, whole-wheat, 5 kg	8.28	8.93	8.98
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	3.93	3.93	3.90
Buns, hamburger, white, 540 g, 12's	3.18	2.96	3.14
Soda Crackers, unsalted tops, 450 g	2.93	3.26	2.91
Bread, white, private label, 570 g	3.12	2.85	3.00
Pasta, macaroni or spaghetti, enriched, 900 g	2.94	3.14	3.32
Flour, white, enriched, all purpose, 5 kg	8.48	8.93	8.94
Rice, converted, natural long grain, 900 g	5.22	5.27	4.88

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for St. Albert, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.73	2.45	2.44
Melon, cantaloupe, kg	2.44	2.56	2.30
Sweet Potato or Yam, kg	3.00	3.32	3.36
Carrots, kg	1.46	1.68	1.30
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.34	3.24	3.62
Vegetables, mixed, frozen, 750 g	3.34	3.24	3.62
Peas, green, frozen, 750 g	3.34	3.24	3.62
Broccoli, bunches, kg	4.41	4.13	3.52
Lettuce, romaine, kg	4.12	3.10	4.26
Peppers, sweet green bell, kg	4.60	6.13	4.82
Other Fresh Vegetables & Fruits			
Apples, kg	2.75	3.89	3.44
Bananas, kg	1.75	1.84	1.80
Grapes, red or green, seedless, kg	5.65	4.08	6.49
Oranges, kg	3.09	3.58	3.36
Pears, kg	3.35	3.80	3.07
Cabbage, green, kg	1.55	1.81	1.55
Celery, stalks, kg	2.31	2.09	2.16
Cucumber, long english, kg	5.41	3.16	5.58
Lettuce, iceberg, kg	2.94	2.68	4.09
Mushrooms, white, bulk, kg	7.01	6.43	6.87
Onions, yellow, cooking, kg	1.34	2.03	1.49
Potatoes, white or red, 4.54 kg	4.98	5.28	5.38
Rutabaga, kg	1.64	1.64	1.50
Tomatoes, red, kg	3.40	2.44	4.11
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.77	2.55	2.93
Orange Juice, frozen concentrate, 355 ml	1.94	2.00	2.04
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.04	3.53	3.81
Raisins, seedless, Sultana or Thompson, 750 g	5.21	5.60	5.23
Strawberries, frozen, unsweetened, 600 g	6.58	6.52	6.38
Corn, canned vacuum packed, 341 ml	1.54	1.62	1.61
Tomatoes, canned, whole, 796 ml	2.12	2.16	2.00
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.18	4.58	5.48
Oil, canola, 946 ml	4.58	4.70	4.65
Salad Dressing, Italian, 475 ml	3.14	2.76	3.04
Mayonnaise, 475 ml	3.88	4.99	4.00
Butter, 454 g	3.64	3.94	3.92
Sweeteners			
Sugar, white granulated, 4 kg	5.50	5.25	5.11
Honey, creamed, pasteurized, 500 g	5.75	5.74	5.82

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for St. Paul, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.87	3.87
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.09	2.76
Cheddar Cheese, medium, 100 g	-	1.33	1.29
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.32	1.29
Processed Cheese, slices, 500 g	-	4.99	5.59
Ice Cream, 4 litre	-	6.62	6.79
Eggs			
Eggs, grade A large, dozen	-	2.96	2.85
Beef			
Inside Round Steak, boneless, kg	-	15.38	13.73
Inside Round Roast, boneless, kg	-	15.03	14.30
Ground Beef, lean, kg	-	11.26	10.42
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	11.12	11.69
Ham, sliced, regular, 175 g	-	4.62	5.99
Poultry			
Chicken, grade A, whole fryer, kg	-	7.29	8.29
Chicken Thighs, kg	-	8.13	6.15
Chicken Drumsticks, kg	-	7.34	6.33
Chicken Breasts, boneless & skinless, kg	-	18.00	14.05
Fish			
Fish, sole, frozen, 400 g	-	5.19	5.14
Salmon, sockeye, canned, 213 g	-	4.89	4.82
Tuna, flaked or chunk, in water, canned, 170 g	-	1.82	1.88
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	6.85	6.68
Peanuts, dry roasted, 700 g	-	6.52	6.08
Baked Beans, canned, 398 ml	-	1.56	1.72
Lentils, dry, 400 g	-	2.15	1.59
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	5.22	5.56
Cereal, oats, quick cooking, 1 kg	-	3.58	3.99
Cereal, toasted oats O's, 525 g	-	6.82	6.16
Pita, whole-wheat, 324 g, 6's	-	3.12	2.74
Bread, whole-wheat, private label, 680 g	-	3.32	3.22
Flour, whole-wheat, 5 kg	-	9.45	9.82
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.49	4.32
Buns, hamburger, white, 540 g, 12's	-	2.68	2.92
Soda Crackers, unsalted tops, 450 g	-	3.38	3.09
Bread, white, private label, 570 g	-	3.92	3.66
Pasta, macaroni or spaghetti, enriched, 900 g	-	3.56	3.03
Flour, white, enriched, all purpose, 5 kg	-	9.48	9.82
Rice, converted, natural long grain, 900 g	-	5.69	6.09

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for St. Paul, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml		3.22	2.92
Melon, cantaloupe, kg	-	2.87	2.94
Sweet Potato or Yam, kg	-	2.98	4.01
Carrots, kg	-	2.19	2.81
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.72	4.12
Vegetables, mixed, frozen, 750 g	-	3.72	4.12
Peas, green, frozen, 750 g	-	3.72	4.12
Broccoli, bunches, kg	-	4.43	3.36
Lettuce, romaine, kg	-	2.76	3.15
Peppers, sweet green bell, kg	-	2.64	6.36
Other Fresh Vegetables & Fruits			
Apples, kg	-	4.16	3.54
Bananas, kg	-	1.94	7.63
Grapes, red or green, seedless, kg	-	4.48	6.87
Oranges, kg	-	3.53	3.05
Pears, kg	-	4.31	3.65
Cabbage, green, kg	-	2.11	1.59
Celery, stalks, kg	-	2.84	2.63
Cucumber, long english, kg	-	3.27	4.81
Lettuce, iceberg, kg	-	2.22	3.87
Mushrooms, white, bulk, kg	-	6.95	7.69
Onions, yellow, cooking, kg	-	3.11	1.63
Potatoes, white or red, 4.54 kg	-	1.46	5.99
Rutabaga, kg	-	2.03	1.59
Tomatoes, red, kg	-	4.01	4.89
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	1.74	2.04
Orange Juice, frozen concentrate, 355 ml	-	2.39	1.97
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.08	4.66
Raisins, seedless, Sultana or Thompson, 750 g	-	8.50	7.29
Strawberries, frozen, unsweetened, 600 g	-	6.58	6.68
Corn, canned vacuum packed, 341 ml	-	1.99	1.46
Tomatoes, canned, whole, 796 ml	-	1.99	2.79
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	4.83	5.16
Oil, canola, 946 ml	-	5.26	6.09
Salad Dressing, Italian, 475 ml	-	2.89	3.46
Mayonnaise, 475 ml	-	4.12	4.32
Butter, 454 g	-	4.09	3.65
Sweeteners			
Sugar, white granulated, 4 kg	-	5.80	5.82
Honey, creamed, pasteurized, 500 g	-	6.00	5.46

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Strathmore, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.69	3.79	3.67
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.08	2.61	2.63
Cheddar Cheese, medium, 100 g	1.30	1.26	1.30
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.39	1.26	1.30
Processed Cheese, slices, 500 g	5.32	5.06	5.89
Ice Cream, 4 litre	6.38	6.08	5.96
Eggs			
Eggs, grade A large, dozen	2.82	2.77	2.83
Beef			
Inside Round Steak, boneless, kg	12.65	15.32	18.33
Inside Round Roast, boneless, kg	12.48	15.67	15.27
Ground Beef, lean, kg	9.45	11.17	11.07
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.52	12.48	12.77
Ham, sliced, regular, 175 g	4.22	4.74	4.30
Poultry			
Chicken, grade A, whole fryer, kg	6.78	7.35	6.20
Chicken Thighs, kg	8.73	8.24	7.73
Chicken Drumsticks, kg	8.08	8.28	7.23
Chicken Breasts, boneless & skinless, kg	15.52	18.39	18.32
Fish			
Fish, sole, frozen, 400 g	5.98	6.81	6.86
Salmon, sockeye, canned, 213 g	4.42	4.69	3.70
Tuna, flaked or chunk, in water, canned, 170 g	1.82	1.52	1.67
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.75	5.43	5.81
Peanuts, dry roasted, 700 g	6.62	5.52	6.09
Baked Beans, canned, 398 ml	1.59	1.30	1.59
Lentils, dry, 400 g	4.89	2.24	2.29
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.69	5.17	4.92
Cereal, oats, quick cooking, 1 kg	4.42	4.08	3.48
Cereal, toasted oats O's, 525 g	5.82	5.94	5.30
Pita, whole-wheat, 324 g, 6's	3.39	2.82	3.06
Bread, whole-wheat, private label, 680 g	3.15	3.38	3.41
Flour, whole-wheat, 5 kg	9.08	8.51	10.37
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.25	4.06	3.91
Buns, hamburger, white, 540 g, 12's	3.25	2.66	3.11
Soda Crackers, unsalted tops, 450 g	3.45	3.04	2.81
Bread, white, private label, 570 g	3.58	3.51	3.31
Pasta, macaroni or spaghetti, enriched, 900 g	2.75	3.08	2.78
Flour, white, enriched, all purpose, 5 kg	9.08	8.75	10.37
Rice, converted, natural long grain, 900 g	5.19	5.32	3.90

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Strathmore, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.53	2.56	2.69
Melon, cantaloupe, kg	2.14	2.87	2.72
Sweet Potato or Yam, kg	2.40	2.71	2.94
Carrots, kg	1.64	1.67	2.51
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.25	3.23	3.53
Vegetables, mixed, frozen, 750 g	3.25	3.23	3.53
Peas, green, frozen, 750 g	3.25	3.23	3.53
Broccoli, bunches, kg	3.28	3.15	4.03
Lettuce, romaine, kg	3.36	4.09	4.99
Peppers, sweet green bell, kg	4.98	5.28	5.00
Other Fresh Vegetables & Fruits			
Apples, kg	2.98	3.47	3.14
Bananas, kg	1.63	1.73	1.61
Grapes, red or green, seedless, kg	6.56	4.93	5.97
Oranges, kg	2.99	3.10	2.89
Pears, kg	2.77	2.84	2.99
Cabbage, green, kg	1.67	1.89	1.45
Celery, stalks, kg	1.84	1.92	2.08
Cucumber, long english, kg	6.74	4.69	6.64
Lettuce, iceberg, kg	3.31	2.96	3.40
Mushrooms, white, bulk, kg	5.85	6.84	7.11
Onions, yellow, cooking, kg	1.42	2.25	1.55
Potatoes, white or red, 4.54 kg	4.66	5.24	4.99
Rutabaga, kg	1.59	1.74	1.39
Tomatoes, red, kg	4.16	2.92	3.91
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.16	2.95	3.26
Orange Juice, frozen concentrate, 355 ml	1.98	1.98	1.86
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.06	3.74	4.06
Raisins, seedless, Sultana or Thompson, 750 g	6.08	6.27	6.40
Strawberries, frozen, unsweetened, 600 g	6.42	6.36	6.26
Corn, canned vacuum packed, 341 ml	1.78	1.41	1.56
Tomatoes, canned, whole, 796 ml	1.82	1.76	2.18
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.15	5.53	5.61
Oil, canola, 946 ml	5.05	4.63	5.43
Salad Dressing, Italian, 475 ml	3.32	2.73	3.08
Mayonnaise, 475 ml	4.09	3.43	3.69
Butter, 454 g	3.65	3.71	3.45
Sweeteners			
Sugar, white granulated, 4 kg	6.25	5.80	5.14
Honey, creamed, pasteurized, 500 g	5.36	5.04	5.53

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Valleyview-Beaverlodge, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	-	3.91	3.91
Yogurt, flavoured, 2% M.F. or less, 750 ml	-	3.24	3.05
Cheddar Cheese, medium, 100 g	-	1.47	1.37
Mozzarella Cheese, 16.5% B.F. or less, 100 g	-	1.66	0.71
Processed Cheese, slices, 500 g	-	6.04	5.41
Ice Cream, 4 litre	-	7.19	6.64
Eggs			
Eggs, grade A large, dozen	-	3.09	2.94
Beef			
Inside Round Steak, boneless, kg	-	16.67	18.37
Inside Round Roast, boneless, kg	-	16.62	16.26
Ground Beef, lean, kg	-	10.35	12.25
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	-	12.41	12.40
Ham, sliced, regular, 175 g	-	5.74	4.67
Poultry			
Chicken, grade A, whole fryer, kg	-	6.73	7.72
Chicken Thighs, kg	-	8.03	9.52
Chicken Drumsticks, kg	-	9.97	9.62
Chicken Breasts, boneless & skinless, kg	-	18.35	20.49
Fish			
Fish, sole, frozen, 400 g	-	6.97	4.89
Salmon, sockeye, canned, 213 g	-	5.19	4.57
Tuna, flaked or chunk, in water, canned, 170 g	-	2.06	2.18
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	-	7.09	7.09
Peanuts, dry roasted, 700 g	-	6.21	8.16
Baked Beans, canned, 398 ml	-	1.71	1.86
Lentils, dry, 400 g	-	2.47	2.94
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.21	5.27
Cereal, oats, quick cooking, 1 kg	-	4.64	4.39
Cereal, toasted oats O's, 525 g	-	6.39	5.87
Pita, whole-wheat, 324 g, 6's	-	4.12	4.11
Bread, whole-wheat, private label, 680 g	-	3.72	3.62
Flour, whole-wheat, 5 kg	-	9.82	9.74
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	5.04	4.52
Buns, hamburger, white, 540 g, 12's	-	3.02	3.54
Soda Crackers, unsalted tops, 450 g	-	3.74	3.67
Bread, white, private label, 570 g	-	3.66	3.69
Pasta, macaroni or spaghetti, enriched, 900 g	-	4.04	3.39
Flour, white, enriched, all purpose, 5 kg	-	10.77	9.99
Rice, converted, natural long grain, 900 g	-	5.27	5.47

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Valleyview-Beaverlodge, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.99	2.99
Melon, cantaloupe, kg	-	3.46	3.63
Sweet Potato or Yam, kg	-	3.23	3.40
Carrots, kg	-	2.25	2.06
Dark Green Vegetables			
Beans, green, frozen, 750 g	-	3.86	4.19
Vegetables, mixed, frozen, 750 g	-	3.86	4.19
Peas, green, frozen, 750 g	-	3.86	4.19
Broccoli, bunches, kg	-	8.02	4.43
Lettuce, romaine, kg	-	3.89	4.76
Peppers, sweet green bell, kg	-	7.09	7.51
Other Fresh Vegetables & Fruits			
Apples, kg	-	4.01	3.29
Bananas, kg	-	1.83	1.96
Grapes, red or green, seedless, kg	-	5.09	7.29
Oranges, kg	-	3.84	3.68
Pears, kg	-	4.61	3.68
Cabbage, green, kg	-	2.38	1.63
Celery, stalks, kg	-	2.30	2.30
Cucumber, long english, kg	-	4.03	7.47
Lettuce, iceberg, kg	-	3.16	3.80
Mushrooms, white, bulk, kg	-	6.98	9.10
Onions, yellow, cooking, kg	-	2.81	2.00
Potatoes, white or red, 4.54 kg	-	7.63	6.62
Rutabaga, kg	-	2.84	1.91
Tomatoes, red, kg	-	4.56	4.89
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	-	3.71	3.69
Orange Juice, frozen concentrate, 355 ml	-	2.29	7.07
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	-	4.72	5.30
Raisins, seedless, Sultana or Thompson, 750 g	-	6.49	6.39
Strawberries, frozen, unsweetened, 600 g	-	6.87	7.74
Corn, canned vacuum packed, 341 ml	-	1.82	1.44
Tomatoes, canned, whole, 796 ml	-	2.47	2.63
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	-	6.79	5.69
Oil, canola, 946 ml	-	5.72	5.77
Salad Dressing, Italian, 475 ml	-	3.24	3.84
Mayonnaise, 475 ml	-	4.47	4.12
Butter, 454 g	-	4.84	4.52
Sweeteners			
Sugar, white granulated, 4 kg	-	6.47	6.19
Honey, creamed, pasteurized, 500 g	-	7.72	7.87

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Vegreville, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.78	3.77	3.77
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.88	3.34	2.88
Cheddar Cheese, medium, 100 g	1.77	1.24	1.13
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.77	1.32	1.17
Processed Cheese, slices, 500 g	5.27	3.91	5.31
Ice Cream, 4 litre	5.91	5.38	5.91
Eggs			
Eggs, grade A large, dozen	2.78	2.69	2.73
Beef			
Inside Round Steak, boneless, kg	11.53	13.05	17.35
Inside Round Roast, boneless, kg	10.38	12.91	13.65
Ground Beef, lean, kg	8.83	10.64	7.72
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	10.12	12.93	11.30
Ham, sliced, regular, 175 g	4.02	4.82	4.98
Poultry			
Chicken, grade A, whole fryer, kg	6.97	8.21	5.86
Chicken Thighs, kg	6.79	7.81	7.73
Chicken Drumsticks, kg	6.03	7.51	7.56
Chicken Breasts, boneless & skinless, kg	15.09	15.43	14.56
Fish			
Fish, sole, frozen, 400 g	5.89	6.49	6.64
Salmon, sockeye, canned, 213 g	4.44	4.18	4.22
Tuna, flaked or chunk, in water, canned, 170 g	1.72	2.52	1.69
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.47	5.46	5.01
Peanuts, dry roasted, 700 g	5.08	4.83	4.66
Baked Beans, canned, 398 ml	1.45	1.35	1.49
Lentils, dry, 400 g	2.33	2.05	2.05
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.32	4.80	4.42
Cereal, oats, quick cooking, 1 kg	3.58	3.31	2.98
Cereal, toasted oats O's, 525 g	5.32	6.14	5.47
Pita, whole-wheat, 324 g, 6's	3.58	3.25	3.29
Bread, whole-wheat, private label, 680 g	3.44	3.70	3.49
Flour, whole-wheat, 5 kg	8.14	9.17	9.17
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.01	3.94	4.04
Buns, hamburger, white, 540 g, 12's	3.25	3.15	3.35
Soda Crackers, unsalted tops, 450 g	2.95	3.34	3.04
Bread, white, private label, 570 g	3.36	2.56	3.41
Pasta, macaroni or spaghetti, enriched, 900 g	2.75	2.88	2.85
Flour, white, enriched, all purpose, 5 kg	8.14	9.17	9.17
Rice, converted, natural long grain, 900 g	4.91	4.85	4.81

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Vegreville, Alberta ($) - November 17 to 20, 2014 (*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.05	2.45	2.39
Melon, cantaloupe, kg	2.17	2.59	2.48
Sweet Potato or Yam, kg	2.30	2.81	2.30
Carrots, kg	1.54	1.70	3.27
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.31	3.31	3.31
Vegetables, mixed, frozen, 750 g	3.31	3.31	3.31
Peas, green, frozen, 750 g	3.31	3.31	3.31
Broccoli, bunches, kg	4.56	3.96	3.98
Lettuce, romaine, kg	3.63	2.83	8.46
Peppers, sweet green bell, kg	4.36	5.83	5.02
Other Fresh Vegetables & Fruits			
Apples, kg	3.18	2.89	2.89
Bananas, kg	1.71	1.79	1.71
Grapes, red or green, seedless, kg	6.71	3.81	6.93
Oranges, kg	3.04	3.32	2.74
Pears, kg	3.11	3.62	2.89
Cabbage green, kg	1.57	2.01	1.27
Celery, stalks, kg	1.81	2.14	2.01
Cucumber, long english, kg	5.38	4.22	5.60
Lettuce, iceberg, kg	3.46	3.71	3.22
Mushrooms, white, bulk, kg	6.86	7.06	7.16
Onions, yellow, cooking, kg	1.70	1.85	1.11
Potatoes, white or red, 4.54 kg	5.64	5.48	5.31
Rutabaga, kg	1.49	1.93	1.35
Tomatoes, red, kg	3.48	2.75	3.99
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.65	2.70	3.36
Orange Juice, frozen concentrate, 355 ml	1.75	1.84	1.78
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.55	3.56	3.62
Raisins, seedless, Sultana or Thompson, 750 g	5.35	4.85	4.81
Strawberries, frozen, unsweetened, 600 g	6.65	6.58	6.48
Corn, canned vacuum packed, 341 ml	1.38	1.38	1.48
Tomatoes, canned, whole, 796 ml	1.65	2.03	1.81
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.81	5.48	5.81
Oil, canola, 946 ml	4.65	4.19	4.73
Salad Dressing, Italian, 475 ml	3.14	2.81	2.98
Mayonnaise, 475 ml	3.89	3.37	3.99
Butter, 454 g	3.31	4.03	3.91
Sweeteners			
Sugar, white granulated, 4 kg	5.91	5.26	4.93
Honey, creamed, pasteurized, 500 g	4.92	5.45	5.74

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Vermilion-Mannville, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.29	3.43	3.70
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.94	3.00	3.06
Cheddar Cheese, medium, 100 g	1.48	1.38	1.20
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.48	1.40	1.37
Processed Cheese, slices, 500 g	5.74	4.66	5.33
Ice Cream, 4 litre	6.74	6.66	6.16
Eggs			
Eggs, grade A large, dozen	3.14	3.06	2.92
Beef			
Inside Round Steak, boneless, kg	12.58	13.36	14.44
Inside Round Roast, boneless, kg	12.43	13.53	12.30
Ground Beef, lean, kg	18.17	10.04	11.45
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.28	11.99	9.36
Ham, sliced, regular, 175 g	3.51	4.19	4.92
Poultry			
Chicken, grade A, whole fryer, kg	7.13	7.03	7.56
Chicken Thighs, kg	7.91	7.55	8.06
Chicken Drumsticks, kg	7.02	7.52	7.38
Chicken Breasts, boneless & skinless, kg	18.67	18.21	16.13
Fish			
Fish, sole, frozen, 400 g	5.99	6.59	7.10
Salmon, sockeye, canned, 213 g	4.47	3.32	5.09
Tuna, flaked or chunk, in water, canned, 170 g	2.29	2.12	2.02
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	6.99	6.99	5.66
Peanuts, dry roasted, 700 g	6.33	4.28	5.86
Baked Beans, canned, 398 ml	1.67	1.79	1.82
Lentils, dry, 400 g	2.81	2.95	3.09
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	6.22	4.33	4.22
Cereal, oats, quick cooking, 1 kg	4.82	4.52	3.66
Cereal, toasted oats O's, 525 g	6.14	5.83	6.99
Pita, whole-wheat, 324 g, 6's	3.07	3.16	3.21
Bread, whole-wheat, private label, 680 g	3.82	3.33	3.09
Flour, whole-wheat, 5 kg	9.24	8.82	10.64
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.89	4.86	4.86
Buns, hamburger, white, 540 g, 12's	3.42	3.39	2.78
Soda Crackers, unsalted tops, 450 g	3.47	3.32	3.66
Bread, white, private label, 570 g	3.64	3.16	3.16
Pasta, macaroni or spaghetti, enriched, 900 g	3.40	3.82	3.00
Flour, white, enriched, all purpose, 5 kg	9.24	8.82	10.64
Rice, converted, natural long grain, 900 g	5.99	5.99	5.32

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Vermilion-Mannville, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	3.27	3.26	2.86
Melon, cantaloupe, kg	2.62	2.84	3.45
Sweet Potato or Yam, kg	2.24	3.21	2.62
Carrots, kg	1.46	1.91	1.91
Dark Green Vegetables			
Beans, green, frozen, 750 g	4.14	4.12	4.12
Vegetables, mixed, frozen, 750 g	4.19	4.05	4.12
Peas, green, frozen, 750 g	4.14	4.12	4.12
Broccoli, bunches, kg	5.06	4.84	4.71
Lettuce, romaine, kg	3.08	2.24	5.65
Peppers, sweet green bell, kg	6.15	6.21	6.37
Other Fresh Vegetables & Fruits			
Apples, kg	3.58	3.65	3.50
Bananas, kg	1.84	1.87	1.88
Grapes, red or green, seedless, kg	7.59	4.60	7.24
Oranges, kg	3.44	3.82	3.21
Pears, kg	3.46	4.74	4.11
Cabbage, green, kg	1.85	1.80	1.52
Celery, stalks, kg	2.06	1.67	2.56
Cucumber, long english, kg	3.47	1.26	5.07
Lettuce, iceberg, kg	2.00	1.57	4.31
Mushrooms, white, bulk, kg	10.43	9.19	9.26
Onions, yellow, cooking, kg	2.20	2.39	1.54
Potatoes, white or red, 4.54 kg	11.40	6.66	7.16
Rutabaga, kg	1.53	2.47	1.45
Tomatoes, red, kg	4.66	3.45	5.20
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.42	3.56	3.87
Orange Juice, frozen concentrate, 355 ml	1.92	2.52	1.95
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.79	4.72	4.71
Raisins, seedless, Sultana or Thompson, 750 g	5.47	5.26	5.82
Strawberries, frozen, unsweetened, 600 g	6.24	6.08	7.09
Corn, canned vacuum packed, 341 ml	2.04	1.68	1.63
Tomatoes, canned, whole, 796 ml	2.49	2.13	2.23
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	6.37	6.16	5.99
Oil, canola, 946 ml	5.82	5.15	5.42
Salad Dressing, Italian, 475 ml	3.69	3.25	3.32
Mayonnaise, 475 ml	4.12	5.11	3.86
Butter, 454 g	4.07	4.26	3.98
Sweeteners			
Sugar, white granulated, 4 kg	6.36	5.98	5.49
Honey, creamed, pasteurized, 500 g	6.72	7.66	6.45

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Wainwright, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.55	3.63	3.63
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.88	2.88	2.92
Cheddar Cheese, medium, 100 g	1.24	1.22	1.27
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.40	1.22	1.42
Processed Cheese, slices, 500 g	5.27	4.64	5.31
Ice Cream, 4 litre	5.91	5.84	5.84
Eggs			
Eggs, grade A large, dozen	2.98	2.80	2.85
Beef			
Inside Round Steak, boneless, kg	12.79	15.88	17.25
Inside Round Roast, boneless, kg	11.13	15.08	14.15
Ground Beef, lean, kg	8.45	10.72	11.41
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.69	13.55	10.07
Ham, sliced, regular, 175 g	4.02	4.65	5.15
Poultry			
Chicken, grade A, whole fryer, kg	7.17	6.17	7.34
Chicken Thighs, kg	8.65	7.13	7.46
Chicken Drumsticks, kg	7.83	7.03	6.94
Chicken Breasts, boneless & skinless, kg	18.58	16.68	15.10
Fish			
Fish, sole, frozen, 400 g	5.81	5.64	6.21
Salmon, sockeye, canned, 213 g	2.60	2.98	4.27
Tuna, flaked or chunk, in water, canned, 170 g	1.72	1.75	1.62
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.47	4.81	4.64
Peanuts, dry roasted, 700 g	5.29	5.26	5.48
Baked Beans, canned, 398 ml	1.45	1.35	1.49
Lentils, dry, 400 g	1.29	2.05	2.68
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	5.32	4.80	4.42
Cereal, oats, quick cooking, 1 kg	3.21	3.21	2.74
Cereal, toasted oats O's, 525 g	5.32	6.14	5.47
Pita, whole-wheat, 324 g, 6's	2.99	3.25	3.45
Bread, whole-wheat, private label, 680 g	3.17	3.64	3.18
Flour, whole-wheat, 5 kg	8.23	9.17	9.17
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.01	3.94	4.04
Buns, hamburger, white, 540 g, 12's	3.25	2.81	3.35
Soda Crackers, unsalted tops, 450 g	2.95	3.18	2.94
Bread, white, private label, 570 g	3.24	3.14	3.38
Pasta, macaroni or spaghetti, enriched, 900 g	2.75	2.88	3.12
Flour, white, enriched, all purpose, 5 kg	8.14	9.17	9.17
Rice, converted, natural long grain, 900 g	5.79	4.68	4.81

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Wainwright, Alberta ($) -November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.58	2.22	1.96
Melon, cantaloupe, kg	2.17	3.21	2.32
Sweet Potato or Yam, kg	2.45	3.18	2.81
Carrots, kg	2.10	1.70	1.41
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.31	3.31	3.31
Vegetables, mixed, frozen, 750 g	3.31	3.31	3.31
Peas, green, frozen, 750 g	3.31	3.31	3.31
Broccoli, bunches, kg	4.35	2.08	4.64
Lettuce, romaine, kg	3.47	1.08	5.42
Peppers, sweet green bell, kg	4.36	5.45	5.03
Other Fresh Vegetables & Fruits			
Apples, kg	3.39	2.88	2.67
Bananas, kg	1.71	1.78	1.71
Grapes, red or green, seedless, kg	6.54	5.82	6.48
Oranges, kg	3.04	3.25	3.33
Pears, kg	3.11	4.21	3.11
Cabbage, green, kg	1.57	1.86	1.27
Celery, stalks, kg	1.87	1.10	2.03
Cucumber, long english, kg	5.31	1.18	4.11
Lettuce, iceberg, kg	2.81	0.97	3.36
Mushrooms, white, bulk, kg	7.06	6.91	6.91
Onions, yellow, cooking, kg	1.65	2.21	1.48
Potatoes, white or red, 4.54 kg	5.98	6.31	5.81
Rutabaga, kg	1.64	2.16	1.35
Tomatoes, red, kg	3.48	3.20	4.43
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.65	2.70	3.36
Orange Juice, frozen concentrate, 355 ml	1.93	1.84	1.78
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.55	3.78	3.62
Raisins, seedless, Sultana or Thompson, 750 g	4.78	5.41	4.45
Strawberries, frozen, unsweetened, 600 g	6.23	5.22	5.31
Corn, canned vacuum packed, 341 ml	1.38	1.44	1.38
Tomatoes, canned, whole, 796 ml	2.00	1.82	1.81
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.81	5.48	5.31
Oil, canola, 946 ml	4.53	5.18	3.99
Salad Dressing, Italian, 475 ml	3.14	2.81	2.98
Mayonnaise, 475 ml	3.39	3.18	3.62
Butter, 454 g	3.47	3.91	4.54
Sweeteners			
Sugar, white granulated, 4 kg	5.91	5.26	4.93
Honey, creamed, pasteurized, 500 g	6.30	4.85	5.91

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Average Retail Food Prices for Wetaskiwin, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.76	3.71	3.81
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.18	3.02	2.75
Cheddar Cheese, medium, 100 g	1.49	1.41	1.53
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.56	1.48	1.17
Processed Cheese, slices, 500 g	4.68	4.25	4.32
Ice Cream, 4 litre	6.72	6.88	7.12
Eggs			
Eggs, grade A large, dozen	2.95	2.90	2.79
Beef			
Inside Round Steak, boneless, kg	14.14	16.92	17.32
Inside Round Roast, boneless, kg	14.14	13.36	12.73
Ground Beef, lean, kg	9.11	12.02	11.22
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.57	14.45	11.43
Ham, sliced, regular, 175 g	3.42	5.22	5.56
Poultry			
Chicken, grade A, whole fryer, kg	6.04	6.58	7.52
Chicken Thighs, kg	7.05	8.68	8.22
Chicken Drumsticks, kg	7.34	8.41	7.69
Chicken Breasts, boneless & skinless, kg	16.51	16.63	19.60
Fish			
Fish, sole, frozen, 400 g	5.98	6.23	5.98
Salmon, sockeye, canned, 213 g	3.95	4.42	3.96
Tuna, flaked or chunk, in water, canned, 170 g	2.02	2.32	1.99
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.88	5.05	5.49
Peanuts, dry roasted, 700 g	6.17	4.81	6.50
Baked Beans, canned, 398 ml	1.35	1.54	1.44
Lentils, dry, 400 g	2.17	1.91	1.79
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.93	4.49	4.60
Cereal, oats, quick cooking, 1 kg	4.02	3.48	3.32
Cereal, toasted oats O's, 525 g	7.02	6.48	6.28
Pita, whole-wheat, 324 g, 6's	3.38	2.92	2.46
Bread, whole-wheat, private label, 680 g	4.02	3.58	3.32
Flour, whole-wheat, 5 kg	8.85	2.41	9.41
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.64	4.12	4.22
Buns, hamburger, white, 540 g, 12's	3.05	3.42	3.26
Soda Crackers, unsalted tops, 450 g	3.28	3.25	3.32
Bread, white, private label, 570 g	3.62	3.02	2.86
Pasta, macaroni or spaghetti, enriched, 900 g	3.18	3.52	3.39
Flour, white, enriched, all purpose, 5 kg	8.85	8.41	9.41
Rice, converted, natural long grain, 900 g	4.69	5.52	4.61

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Average Retail Food Prices for Wetaskiwin, Alberta ($) - November 17 to 20, 2014(*)

Food Items by Category	November 18 to 21, 2013	June 16 to 19, 2014	November 17 to 20, 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.88	2.89	2.82
Melon, cantaloupe, kg	2.47	2.70	3.05
Sweet Potato or Yam, kg	2.72	3.27	3.20
Carrots, kg	2.00	2.00	1.75
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.45	3.82	3.65
Vegetables, mixed, frozen, 750 g	3.45	3.82	3.65
Peas, green, frozen, 750 g	3.45	3.82	3.65
Broccoli, bunches, kg	3.97	4.03	5.35
Lettuce, romaine, kg	3.33	2.96	3.90
Peppers, sweet green bell, kg	5.97	6.94	6.14
Other Fresh Vegetables & Fruits			
Apples, kg	3.43	3.79	3.13
Bananas, kg	1.70	1.72	1.78
Grapes, red or green, seedless, kg	5.11	5.84	6.13
Oranges, kg	3.29	3.59	2.55
Pears, kg	3.79	4.45	2.87
Cabbage, green, kg	1.95	1.87	1.43
Celery, stalks, kg	2.80	1.88	1.97
Cucumber, long english, kg	2.60	2.65	7.52
Lettuce, iceberg, kg	2.47	2.92	3.02
Mushrooms, white, bulk, kg	7.09	6.95	7.68
Onions, yellow, cooking, kg	1.95	2.27	1.41
Potatoes, white or red, 4.54 kg	4.82	5.82	5.82
Rutabaga, kg	2.18	2.17	1.36
Tomatoes, red, kg	1.87	3.20	4.81
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.22	3.15	2.63
Orange Juice, frozen concentrate, 355 ml	2.13	2.03	1.97
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.25	4.64	4.10
Raisins, seedless, Sultana or Thompson, 750 g	6.62	5.76	5.98
Strawberries, frozen, unsweetened, 600 g	5.32	5.92	6.42
Corn, canned vacuum packed, 341 ml	1.89	1.45	1.34
Tomatoes, canned, whole, 796 ml	2.11	1.47	1.93
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.85	5.92	5.65
Oil, canola, 946 ml	4.86	5.09	5.06
Salad Dressing, Italian, 475 ml	2.85	2.98	3.12
Mayonnaise, 475 ml	3.72	3.99	3.79
Butter, 454 g	3.82	3.82	4.88
Sweeteners			
Sugar, white granulated, 4 kg	5.77	5.47	4.47
Honey, creamed, pasteurized, 500 g	5.60	7.32	5.82

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Prepared by Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch with assistance from participating regional health representatives of Alberta Health Services. For additional information please phone: 780-427-4011.

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